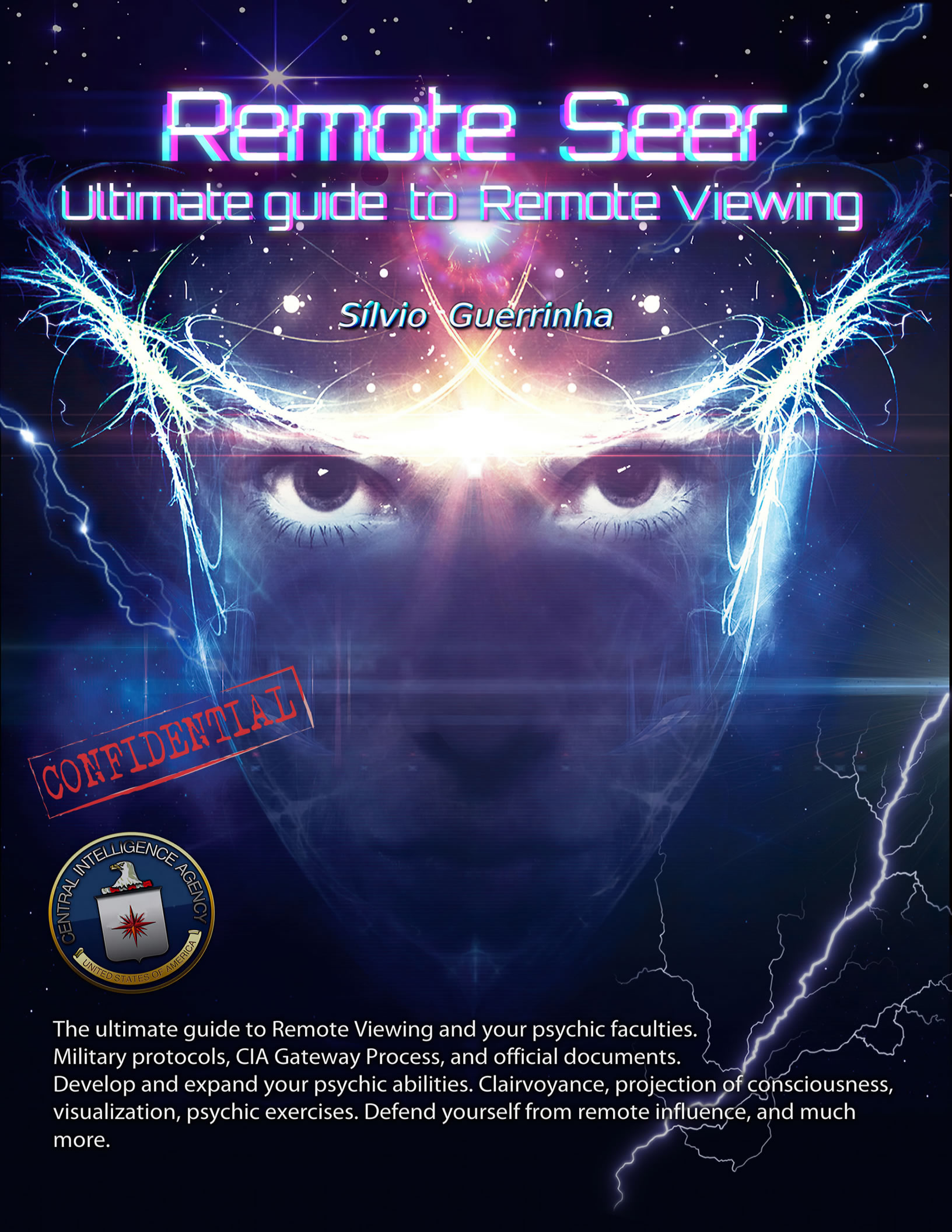
Remote Seer

Ultimate guide to Remote Viewing

Sílvio Guerrinha



The ultimate guide to Remote Viewing and your psychic faculties. Military protocols, CIA Gateway Process, and official documents. Develop and expand your psychic abilities. Clairvoyance, projection of consciousness, visualization, psychic exercises. Defend yourself from remote influence, and much more.

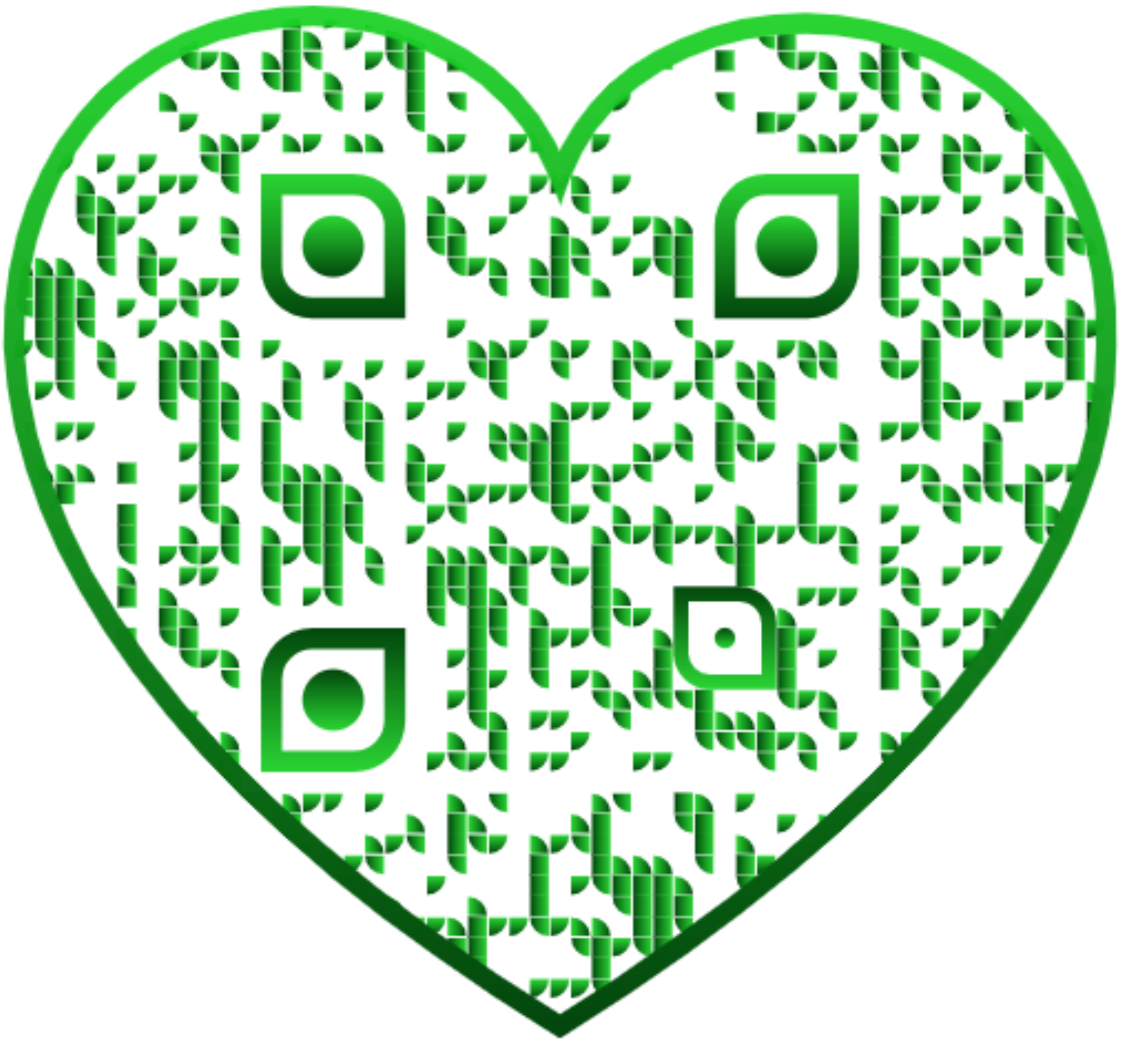


Table of Contents

About the author
A brief context
Why did I use the term “Remote Seer”?
History of Remote Viewing
Chronology of the U.S. Government Remote Viewing Programs
Beacon Remote Viewing
Coordinate Remote Viewing or CRV
Extended Remote Viewing or ERV
The official definition of a remote viewer
Jung, Pauli, Synchronicity and Causality
Far-Seeing drawings
Astral vision and Clairvoyance
Phosphenism
Visual exercise
Scrying
The crystal ball
Fire scrying
Water scrying
Mirror scrying
Recommended method for black mirror scrying
Recharging your psychic energy
Activate your psychic abilities
Important recommendations
How does the human mind work?
How does remote viewing work?
Theta state
Visualization for entering a Theta mind state:
The target
About the use of coordinates
CIA and the Gateway Process
What kind of remote viewer are you?
Defense against remote influence
Shielding

Amulets
More drastic measures
Annexes of official documentation
Interesting quotes
Bibliography

About the author

I’m Silvio Guerrinha. At 16 years old, I started reading books about occultism, psychic development, Hermetism, Egyptian magick, and Hinduism. I attended a spiritist center and developed my mediumship. I have practiced astral projection, telepathy. I was also a member of the Rosicrucian Order (Spanish Grand Lodge) and an associated member of the Portuguese Spiritist Federation. I am a collaborator to an esoteric magazine in Portugal called “Boa Estrela” (Great Star). I took a 150-hour online parapsychology course at the Centre of Excellence on June 8, 2018.

I have studied metaphysical and spiritual books for more than 20 years. I also studied the Farsight Institute's audio CDs of Remote Viewing exercises; in 2002, I can assure you that "Remote Viewing" is not a new concept, but rather a scientific term for psychic viewing. Thousands of years ago, the indigenous shamans were able to see things beyond the limitations of their physical senses. Remote view is a kind of Extrasensorial Perception (ESP) and can be developed as mediumship, telepathy, and precognition.

If you study and practice a lot with the methods that I give in this guide, you will start raising your vibration, your consciousness will be sharper, and you will start achieving quantum cognition, which is intuition.

A brief context

Even the most rational person, at some point in their life, has experienced a situation that cannot be explained by any conventional means; something beyond logic. Have you ever experienced seeing what is happening in a place totally away from you? This is what we know as "remote viewing". Remote viewing is the psychic phenomenon of projecting your thoughts to acquire information without leaving your body. A remote observer is able to receive information about faraway, people, events, or locations that are unknown to them. They can witness occurrences they aren't present for; hear conversations between individuals out of earshot; and visit regions they've never been to.

The technical definition of Remote Viewing is:

“Direct awareness or experience of distant locations or events in space and time that are blocked from ordinary perception by distance, shielding, or time. Generally considered to be secure from such access by any known physical means or by means of logical inference.”

Farsight Institute described Remote Viewing as:

“A controlled and trainable mental process involving psi (or psychic ability)”

Just as you are reading it, it is a psychic ability, and can be trained. Despite all the scientific experimentation and conceptualization focused on technically defining remote viewing, this practice is not a recent phenomenon in the history of human society. In reality, nothing new has been "discovered"; in any case, one can speak of a "rediscovery" of innate psychic abilities of the human being.

Why did I use the term “Remote Seer”?

The name "Remote Seer" is a combination of "Remote Viewing" and "Seer" (a psychic), putting a greater emphasis on the psychic exercises and the spiritual aspect of it. Remote viewing is a well-known term that everyone has heard of. It might be called "remote psychic scanning" or "Akashic sensing," but it would still be the same.

Remote Viewing is a natural process for a deeply calm mind, and a calm mind is only possible through spiritual intelligence. At this time, it is necessary to remind the reader that: we are not biological bodies that "possess" a spirit, but rather the opposite. We are spirits that motorize and pilot a biological vehicle. Our spirit perceives a greater amount of information, very different from what the human mind can process. Spiritual intelligence is a more advanced form of intellect that brings out the traits and skills of the true self.

Spiritual intelligence is a more advanced form of intellect that brings out the traits and skills of the true self. When we are spiritually intelligent, we experience a sense of deeper meaning and purpose as well as advancements in a variety of crucial life skills and spiritual abilities. When we connect ourselves with our higher-self, which is outside of this space-time, we have access to other information. In short, the ideas, information field and our spirit are non-local.

Some competing authors, or some readers, may criticize me for approaching Remote Viewing in this book from a more spiritual and simplistic perspective.

Why did I?

Because thousands of years ago, shamans had visions and accessed the collective unconscious, the *akashic* plane.

Remote viewing is connected to the psyche, and the subconscious, and non-local information.

Edgar Cayce, a famous medium, was one of the first to access information from the *akashic* plane in a spiritual way.

In fact, several documents from the Stargate project mention that meditation, psychic development, and clairvoyance are also useful practices to gather information.

I emphasize that: the important thing in remote viewing is not the "military protocol".

Each person accesses psychic information differently. Each human mind operates in a different way.

The interface between the conscious and subconscious minds differs from person to person.

Thus, the "protocol" will not work equally for all individuals.

See page 77: What kind of remote viewer are you.

History of Remote Viewing

Since ancient times, the world's earliest indigenous cultures and civilizations have had familiarity with and knowledge of this particular faculty of the human mind. In both Indian and Chinese ancient texts, there are examples of people using their clairvoyant abilities as a method for acquiring pertinent military intelligence while they were engaged in combat to gain an advantage over their enemies. In these cultures, the shaman was the most important person. He or she was the link between society and the gods, and he or she could explain what the gods and nature were trying to say.

At the beginning of humanity, shamans played an important role as priests of the tribe and were at the same time healers, priests, and herbalists. As I said, their influence and power could also make them political and military leaders, using their spiritual abilities to know how to avoid or face the war events of the future. A highly profound trance, or “shamanic vision”, is achieved by the shaman through the utilization of rhythmic drumming and chanting. This visual state releases the shaman's consciousness from the body, allowing it to travel into the spirit realm / information field / or Matrix.

The shaman can then see these "other worlds" and even parts of THIS world that are completely different from its current location. The "shamanic vision" remained as a practice known only to those chosen to hold the position of the shaman. Even though the rest of society knew and strongly supported the shamans' abilities, not all of them consciously developed their spiritual powers in this way.

Over the centuries, with the evolution of societies and the slow implementation and prevailing of a world monotheistic religion, shamanic spiritual practices were considered forms of "paganism", acquiring (unfairly) a hidden and secretive character. Over the years, secret societies and esotericists in many countries brought these practices back to life.

Many of them found that any method of conscious spiritual control can help anyone develop extrasensory abilities, just like the ancient shamans.

In 1950, Russia conducted and completed its first successful atomic bomb test. This was the spark that ignited the Cold War. As a result of the well-known armed race, the level of tension that existed between the Soviets and the Americans increased. There was a lot of pressure put on American scientists to strive to improve the United States' military capabilities in any way and with any finding that they could; it is said that even former Nazi scientists, brought into the U.S. during “Operation Paperclip”, were hired for this purpose. This final statement is definitely within the range of possibility because, back in the day, during World War II, Hitler's top scientists conducted experiments with the intention of "unlocking" or "developing" superhuman talents in German soldiers.

In the early 1960s, Yuri Andropov, head of the KGB (1967 to 1982) and President of the USSR from (1983 to 1984), ordered his commandants to implement a “Psychotronic-warfare Program” in order to develop a new form of strategic weapons system to augment the efficiency of nuclear weapons and the Soviet army in general. In the late 1960s, the protocols for remote viewing began to evolve (at least as we now know them), concurrently with a related set of protocols known as “Ganzfield”, which is similar to remote viewing and can be thought of as a sort of first cousin to remote viewing.

Charles Honorton's "Ganzfield" techniques and the "remote perception" experiments were conducted at the Princeton Engineering Anomalies Research Laboratory (PEARL). A “Ganzfield” experiment (German for “entire field”) is a technique used in parapsychology that claims to be able to test individuals for extrasensory perception (ESP). In these tests, a "sender" tries to mentally transmit an image to a "receiver" who is in a state of sensory deprivation so that the researchers may see what happens.

In the 1960s, researchers of the American Society for Psychical Research conducted experiments and studies on out-of-body experiences in New York City. The effort initially focused on a few "gifted individuals", such as New York artist Ingo Swann. In a few experiments, Ingo Swann mentally described the current weather in various cities around the United States.

Then the weather conditions in these cities were verified by a phone call to a weather station or other reliable authority. These experiments demonstrated that something unusual to current understanding was involved in the "remotely viewed" locations and objects otherwise inaccessible to direct human perception.

In 1970, Sheila Ostrander and Lynn Schroeder, two American authors, collaborated to write a book with the title "Psychic Discoveries Behind the Iron Curtain." This was during the height of the Cold War, and there was a growing fear that the Soviet Union would come to dominate the world. They used it to gather proof that the Soviets had used clairvoyants, psychics, psychokinetics, telepaths, and child prodigies in espionage, counterintelligence, and other security-related fields.

The book caught the attention of the US military to the point that in 1972 the Department of Defense produced a document called "Control of the offensive behavior of the USSR". The document confirmed the strong Soviet push for research and application of telepathic and telekinetic communication capabilities, adding how these capabilities were extensively studied and used by the Soviet military and the KGB.

The document also noted that "Soviet knowledge in this field is significantly superior to Western knowledge." It was feared that the use of "asymmetric" intelligence, such as psychic espionage, could give the Russians a great advantage in the field of espionage. While Russia was more open to the unknown, the U.S. was more reticent and lacked expertise, denouncing the latest Soviet advances and crediting them with capabilities far beyond reality.

In 1972, the aforementioned Ingo Swann joined Dr. Hal Puthoff, a physicist from Stanford Research Institute (SRI) International, a California-based research institute at Stanford University in Palo Alto. These experiments attracted attention and funding from the Central Intelligence Agency. Puthoff was a respected engineer who had the security clearance, a background in hard science, and training to handle this kind of project. Russell Targ joined Swann and Puthoff at SRI, forming the core of a team that researched and refined an understanding of what had now become known as "remote viewing". In just a few years, the U.S. government

support for the growing remote viewing program moved from the CIA to the Defense Intelligence Agency, as well as certain other military organizations.

From 1978 to 1995, the remote viewers worked in Buildings 2560 and 2561 at Fort Meade. They were credited with the following intelligence tasks:

- The attack on the U.S.S. Stark on May 15, 1987, in which 37 Americans were killed, was delivered by a French Exocet missile fired in the Persian Gulf by an Iraqi warplane, was predicted 48 hours before the attack.
- In the late 1970s, a woman in Ohio located a downed Soviet TU-22 bomber in the jungles of Zaire.
- A Soviet Typhoon-class submarine under construction was identified for the first time.
- A successful search for both biological and nuclear material and weapons in North Korea was undertaken, and more.

Chronology of the U.S. Government Remote Viewing Programs

- 1971: The first experiments in psychic espionage, with Ingo Swann and Cleve Backster.
- 1972: The CIA gets involved and funds experiments by the Standford Research Institute on human biofield (aura) research.
- 1972: The term "Remote Viewing" was coined by Ingo Swann and officialized by the CIA.
- 1973: CIA's SCANATE (SCANning by coordinATE) Program: Designed to achieve remote viewing using specific coordinates of an unknown place in the world.
- 1976-77: CIA's Gondola Wish Program: Designed to evaluate potential adversary applications of remote viewing.
- 1978-79: Army Assistant Chief of Staff for Intelligence (ACSI) - Grill Flame Program: consisted of a small number of people and soldiers who were thought to have varied degrees of innate psychic ability. In early 1979, the SRI research program was included in Grill Fame, and until 1986, SRI conducted a large number of remote viewing tests.
- 1983: SRE'S - INSCOM Center Lane Project (ICLP): a re-design of the same program. At SRI, Ingo Swann and Harold Puthoff created a set of guidelines that, in theory, could be used to train anyone to create precise, thorough target data using this new collection methodology against a variety of operational and training targets. Columnist Jack Anderson revealed the existence of this highly-classified program in April 1984.
- 1985-86: Defense and Intelligence Agency (DIA) - Sun Streak Program: Army funding ended, forcing a re-design of the program.
- 1991: Science Applications International Corporation (SAIC) and the DIA - Stargate Program: The project went from a "Special Access Program" to a LIMDIS "Limited Dissemination Program". The

program included seven full-time viewers and many analytical personnel. The psychics were available to other government agencies if their services were requested.

- 1995: The CIA allegedly closed all the programs and projects. Controversy arose from a document leak that put the government in an 'akward' position. For this reason, the CIA issued a document called "the AIR report", which indicated how studies on the phenomenon were actually carried out but was abandoned because the results were far from valid or satisfactory.

U.S. Government Protocols for Remote Viewing

Beacon Remote Viewing

In this experiment, the remote viewer will describe and sketch details of a randomly selected physical location. Just about any location with distinct features can serve as a target. The idea is to use one or two people as "beacons," to help the viewer to "home in" on the intended target site with her conscious awareness. The viewer then verbalizes and records with paper and pen the impressions that come into his mind during the experiment.

The viewer should never be told what the target is or anything about it until the session is over (blind session). The viewer should be placed in a situation of relaxation and where external stimulation (loud noise, bright lights, and colors) is kept to a minimum. A quiet, comfortable living room, home office, bedroom, or similar setting would be appropriate for this protocol.

Coordinate Remote Viewing or CRV

The original developed technique in which viewers were asked what they "saw" at specified geographic coordinates. The viewer was given a set of map coordinates and tried to see something at those coordinates. According to official records, this psychic technique “allows the viewer to transcend time and space to view or perceive people, places or objects; without the viewer being physically present at the location.”

There may be variants of these coordinates. For example, in an online community of remote viewers that I participate in, the coordinator (leader of the session) has a photo of the place (we don't know the image, only him) and he says the coordinates that he creates. For example, RV002X. And we should mentally visualize the psychic impressions of that location. Let's say the coordinates are a psychic link to what the coordinator has in his mind (a psychic image of the location).

Extended Remote Viewing or ERV

In this procedure, the psychic typically reclines or lies down in a quiet space while someone else (the "interviewer" or "monitor") asks them questions and records the information they verbally give on paper or on a tape recorder. They usually try to sketch their impressions before they finalize the session.

The official definition of a remote viewer

"The remote viewer is a person who uses his mental faculties to perceive and obtain information to which he has no other access and of which he has no previous knowledge concerning persons, places, events, or objects separated from him by time, distance, or other barriers."

We find that, in fact, it is the same definition for a psychic or medium. We now have a good background on remote viewing, its ancient origins, and the knowledge that the most powerful countries in the world have in fact developed (with a not yet fully accepted degree of success) secret programs and projects in order to discover the capabilities of the human mind and its conscious use for military purposes. Now, it is time to learn the methods for psychic development; let us begin.

Jung, Pauli, Synchronicity and Causality

How does it relate to remote viewing?

Remote viewing is possible, Jung revealed, because of a phenomenon he named synchronicity.

Synchronicity is a simultaneous occurrence taking place between an outer “objective” event and an inner “subjective” event, each of which has equal psychological personal meaning to the perceiver.

It is a process of observing “*acausal*” relationships taking place inside a causal universe. The freedom enabling autonomy and independence to function between mind and matter within a deterministic universe is due to the *psychoid* nature of archetypes. The term “*psychoid*” was used by Jung to refer to the anthropocentric nature of the universe.

Human beings influence so-called “objective” events simply through the process of observing those events.

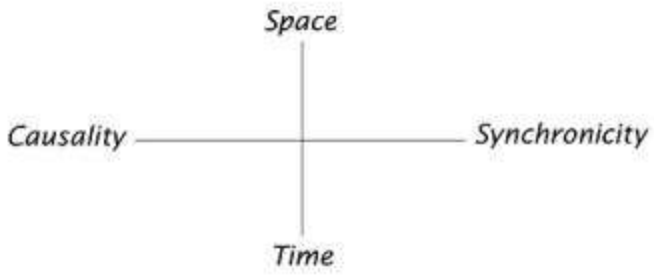
This subjective influence of objective events reveals the presence of a Mind – Matter continuum between an individual and the universe. Simply put, it's hard (or maybe even impossible) to tell where "inner" psychology ends and "outer" reality begins.

Sometimes the mind functions as if it were an aspect of the universe.

Sometimes the universe functions as if it were an aspect of the mind. This, of course, reveals that archetypes are not just a component of the mind. Because of this Mind–Matter continuum, one finds archetypal energies functioning independently throughout the universe; and because it is impossible to differentiate between mind and world, we are left with the realization that “mind and world” mutually make up “mind and world.”

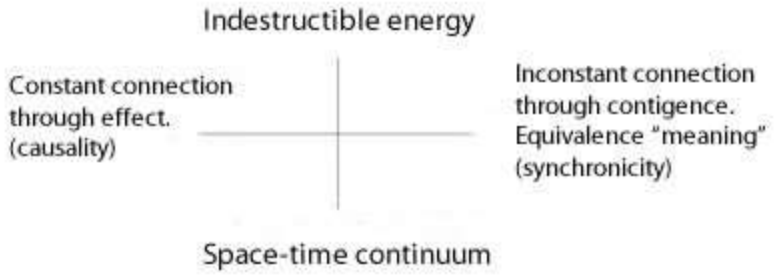
This reveals the very real possibility that depth psychology and physics may simply be two sides of the same coin.

Jung's perception of mind-matter interaction used to be insightful enough to influence Wolfgang Pauli to revise his own model of the universe to include space, time, causality, and synchronicity:



However, he was not truly satisfied with the above model and suggested changing the opposition of space and time with the idea of a Space-Time Continuum. This Space-Time Continuum was then positioned in opposition to Indestructible Energy.

Both Causality and Synchronicity continue to be in the model, with Causality represented by the concept of "constant connection through effect" and Synchronicity represented by the concept of "inconstant connection through contingence, equivalence, or meaning":

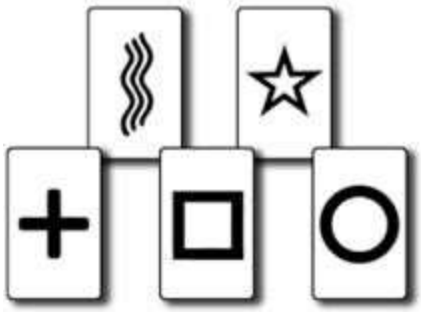

Indestructible energy
Constant connection through effect. (causality)
Inconstant connection through contigence. Equivalence "meaning" (synchronicity)
Space-time continuum

This mind–matter continuum allows remote viewing (and other varieties of clairvoyance and divination) to occur.

Remote viewing is solely the modern-day version of clairvoyance.

Psychic development – Clairvoyance Exercises

Zener Cards



Dr. Karl Zener and parapsychologist Joseph Banks Rhine developed the Zener cards in the late 1920s to research ESP cases. There are 25 cards in a collection, 5 of each symbol (circle, cross, wave, square, and star). When testing extrasensory perception, the experimenter selects a card from a deck, examines it to determine what symbol is on it, and then records the experimental subject's reaction.

Sit apart from your partner in a quiet place. One of you (the sender) shuffles the cards before carefully considering each one and noting its information on paper. The recipient communicates the symbol they believe the sender is concentrating on. The sender should then attach that reply to the initial message. It is improper for the sender to correct the recipient when they are in error. Keep records as you perform this task frequently. One of you might eventually discover that the other is a better receiver and the other the better transmitter.

Far-Seeing drawings

Try transferring drawings using telepathy in a similar way to how you would with Zener cards. This method was tested in laboratories and was referred to as "Far-Seeing" experiments. You and your companion ought to reside in separate homes or, at the very least, separate rooms for this (you can keep in touch by phone or computer).

You should be seated at desks in calm spaces, each with a pad of drawing paper and a pencil. Any simple image you like will be drawn by one of you (the sender) (tree, house, person, animal, whatever). Use your left hand to draw it, and while drawing the image, pay close attention to it. The second person (the receiver) should unwind at the same moment, close his eyes, and allow a vision to develop in his mind. After a short interval, the receiver should sketch whatever comes to mind using his left hand as well.

Compare your notes afterwards to see how far you've come; you might be astonished. The same as with other exercises, practice makes perfect.

Astral vision and Clairvoyance

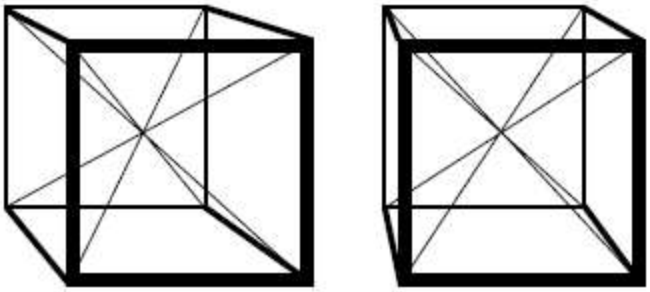
Binocular visualizations

By performing these simple exercises, you may focus your perception, inner vision, and astral vision. You should vigorously rub your palms together to create heat before performing each one. After that, put them over your open eyes so that the energy can enter your eyes. Look into a mirror while standing about 15 cm away from it and keeping both eyes open. Of course, you will initially see two eyes. However, if you switch to soft focus eye mode, the two eyes will gradually combine to form a "third eye."

Floating sausage

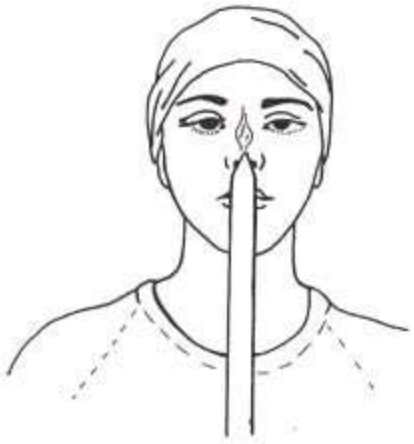
Point your index fingers at each other about 15 cm in front of your open eyes. Bring your fingertips together and gaze at the contact point with soft focus. Soon you will see a "sausage" appearing between them. Slowly separate your fingertips until the "sausage" appears to be floating in space. Bring it into clear focus and hold it steady for a couple of minutes without straining.

Cube



Use the same technique of soft focus and allow these two images to float together until there are three. The middle one cube will be 3D.

Candle gazing and Phosphenism



There is an exercise to develop the psychic vision that teaches us to see with the second sight (which is not a sight with physical eyes, but an ethereal vision using the *ajna* chakra, associated with the pineal gland). The exercise consists of meditating while observing the flame of a candle for a period of at least 10 minutes (with just 5 minutes in the first practice it is ok).

Sit in a comfortable posture with the spine upright and the arms and shoulders relaxed. You can assume any meditative posture that you can maintain without any movement for the duration of the candle gazing. Make sure that there is no breeze around of any kind to disturb the flame. Take a few deep breaths to relax.

When you close the eyes, you may be able to visualize an etheric image (phosphene) of the flame. Try to bring this phosphenic image to the point between the eyebrows at the center of the forehead (*Ajna* chakra) moving your eyes, the phosphene will also move.

Mentally say the name of the person from whom you want to receive clairvoyance inputs, or the place from which you wish to receive clairvoyance. You can mentally repeat, "I wish to receive information / visions of (person's name, or place)". A similar method to gazing at a candle is known as the "Trataka method" in Yoga. ("Trataka" means: to gaze steadily).

Phosphenism

The name Phosphenism derives from Phosphene. Phosphene is an entoptic phenomenon, characterized by the sensation of seeing light spots, caused by mechanical, electrical, or magnetic stimulation of the retina or visual cortex. You may notice this by observing the sun, for example; then close your eyes, and you will continue to see a bright spot that is changing color.

In 1959, Dr. Francis Lefebure discovered the first phosphenic phenomenon that had never been signaled before: after fixation of a light source for 30 seconds, the phosphene moves by the movement of the head in two seconds and immobilizes with a movement of the head faster or slower.

The practice of observing bright spots has been around for centuries, watching candles. But phosphenism says that observing light points by itself is useless; it is necessary to produce a thought or feeling by observing the light. This is called a phosphenic conjugation. Experiments demonstrate that phosphine is an energy emanating from the brain, allowing physical objects to be seen in the dark. Through remote viewing, consciousness projection, clairvoyance, and other methods, you can see what will happen in the future because your consciousness picks up information from the photons and electrons of that future moment.

All human beings exist within the electromagnetic field produced by the planet earth, which generates a massive quantum entanglement between all sentient beings on the planet. This generated field does not exist in this plane of reality; it is composed, in essence, of Light. Since the particles of light are the only ones that can travel at the highest attainable speed in the vacuum of space, they have, in essence, the ability to store information from the information field; since in reality, there is no past, present, or future, but they all exist at the same time.

www.meta-gnosis.com

Visual exercise

Place some objects in front of you, for example, a fork, a knife, a cigarette case, a pencil, a box of matches, and fix your mind on one of them for a while. Memorize its shape and color exactly. Then close your eyes and try to imagine that same object as vividly as it actually is. If the image escapes your mind, try calling it back.

At first, you will only be able to remember it for a few seconds, but with some perseverance and constant repetition from one exercise to the next, it will become more and more vivid, and the flight and return of thought will become increasingly rare. We shouldn't be frightened by some initial failures, and if we get tired, we should move on to the next object.

In the beginning, do not practice the exercise for more than ten minutes, but then gradually increase its duration up to half an hour. This will be successful if we can fix an object in our minds for five minutes without being interrupted. After we get past this step, we can proceed, trying to imagine all objects with our eyes open. Objects must become visible before our eyes as if they were suspended in air, and so plastic as to appear palpable. We must not be aware of anything that is around us, apart from the imagined object. The exercise will work if we can keep our minds on an object in the air for at least five minutes without getting distracted.

Scrying

‘Scrying’ could be defined as the practice of looking into a suitable medium with the conscious intention of detecting significant messages or visions. This practice, combined with meditation, consists of staring at a surface (often a shiny one, but not always) until visions come to be interpreted intuitively by the person who is scrying. It’s a popular method of divination and can be done in several different ways.

Most practitioners believe that seeing things while scrying is possible for anyone, because everyone has some latent degree of psychic ability. Once you learn the basic techniques of scrying and what to look for, it becomes second nature. Now, I will mention some of the conventional scrying methods in order to point out the most outstanding aspects of each one and why they serve to enhance the psychic ability of remote viewing.

The crystal ball

By intense focus on a crystal ball, which is usually made of clouded glass, a medium is able to see visions that foretell unknown aspects of the present and past. The crystal ball method, although it has been caricatured in popular culture, is actually extremely effective.

The crystal, and the spherical shape in which it was molded in its creation, facilitate a propitious environment where the trained consciousness can easily project itself, intercepting knowledge located in higher information fields. Druids were one of the first known groups to use crystals in the form of scrying plates for divination.

All this is possible thanks to the light that falls on the crystal ball and the way it diffracts that light within itself. That holo-prismatic environment, in conjunction with the projection of the trained consciousness, serves as a safe projector for remote viewing since it does not involve the full takeoff of consciousness from the biological body.

Fire scrying

Fire scrying is exactly what it sounds like: gazing into a fire's flames in order to observe any potential visions. This is frequently quite intuitive, just like other scrying techniques. You might receive signals containing the information you need to know by letting your mind go and concentrating solely on the flames.

Unlike candle gazing, fire scrying leads to a larger process where the practitioner's total state of mind is involved with the thermal energy emanating from the fire, in addition to the phospene produced by the light of the flames. At this time, it is necessary to note that the correct process for fire scrying (after having certain conscious control not only of our mind but of our body) must be carried out with a medium or large fire source; a burning chimney or an outdoor bonfire are two recommended examples.

Recalling what was mentioned about the shamanic vision, fire scrying precisely connects the practitioner with one of the oldest exercises for the spiritual development of the shaman. In front of the bonfires, on those starry nights of ancient prehistory, the transmission of myth and legend began; of the verb that contained the power to heal the sick and propitiate good times for the tribe.

The etheric energy of fire has a direct connection with our spirit since both have the nature of action and impulse; reaction and power. In other words, fire, since the beginning of human society, has represented spiritual willpower. While meditating in front of the flames, watch as the fire flickers and flashes, and look for images in the flames. Some people see clear and specific images, while others see undefined forms in the shadows. Focus on images that seem familiar to you or on those that may repeat in a pattern. As you watch the fire, you may even hear sounds (not just the crackling of wood, but the natural hiss of larger flames). Some people even report hearing subtle voices singing or speaking in the fire.

Water scrying

Water is a tool that is frequently utilized in scrying. Although this can be done in a sizable body of water like a lake or pond, many people just use a bowl. In order to understand the visions he saw, Nostradamus used a large bowl of water as a scrying tool and put himself into a trance to interpret these visions.

Many scryers also use the moon's reflections while doing the practice; if you're someone who feels more awake and attentive during the moon's fullest phase, this might be a fantastic technique for you to try!

Water scrying is another name for hydromancy. Some types of hydromancy include the practitioner placing a bowl of water in front of them and using a wand to make ripples on the flat surface of the water. Egyptian priests would use water scrying hydromancy, through a bowl with water and dark ink, before their Gods and Goddesses, to gain wisdom or foresee future events.

Mirror scrying

Typically, a scrying mirror has a black backing on it, which allows for better reflective properties. Although you can certainly buy one, it's not hard to make your own. Basically, the practice consists of meditating deeply, observing one's reflection in the black mirror until one obtains a desired vision. Imperfections in the molecular structure of glass cause gaps in the flow of reflected light waves. These gaps allow us to glimpse other realities.

For this type of scrying, mental relaxation is absolutely necessary. When you are finished gazing into the mirror, make sure you have recorded everything you saw, thought, and felt during your scrying session.

Messages often come to us from other realms, and yet we don't recognize them for what they are. It's also possible that you could receive a message that's meant for someone else; if something doesn't seem to apply to you, think about who in your circle could be the intended recipient. There have been controversies about this method in the past, since there is a popular belief that "mirrors are portals between dimensions", which is not entirely wrong.

Other occult practices also involve the use of black mirrors, adding further elements, perhaps ritualistic, to the practice. In this book, I only present this practice of scrying from a responsible perspective. With all the selected scrying methods that the reader decides to implement, it is highly recommended not to "overtrain", and here's why:

It is unlikely that in our first meditative practice we are going to achieve a significant result. Just as if you wanted to be very good at practicing a sport for the first time. From constant repetition comes the body's memory to unconsciously repeat possible positive outcomes; in other words, and to go more directly to the point, it is more favorable to carry out (at least the first weeks) scrying meditation sessions of between 5 and 10 minutes (especially with the fire and mirror methods) than to force oneself to yourself to

concentrate for half an hour in a meditation practice that you may not have known before.

Other meditation techniques (such as those aimed at balancing our chakras) will help complement the development of our spiritual intelligence and natural higher-self abilities. If the practitioner already has enough experience meditating and concentrating his attention on a single certain point for long periods of time, I recommend doing these practices while keeping a record of the results obtained at all times.

Recommended method for black mirror scrying

You can use a dark mirror (onyx crystal mirror would be appropriate) or a crystal ball over a dark tissue. The mirror or crystal ball selected must be kept in complete darkness for at least 7 days before being used as a scrying device. Covering with a silk cloth is recommended. Lighting is very important during scrying work. You don't want bright sunlight; the softer the light, the more it will help you.

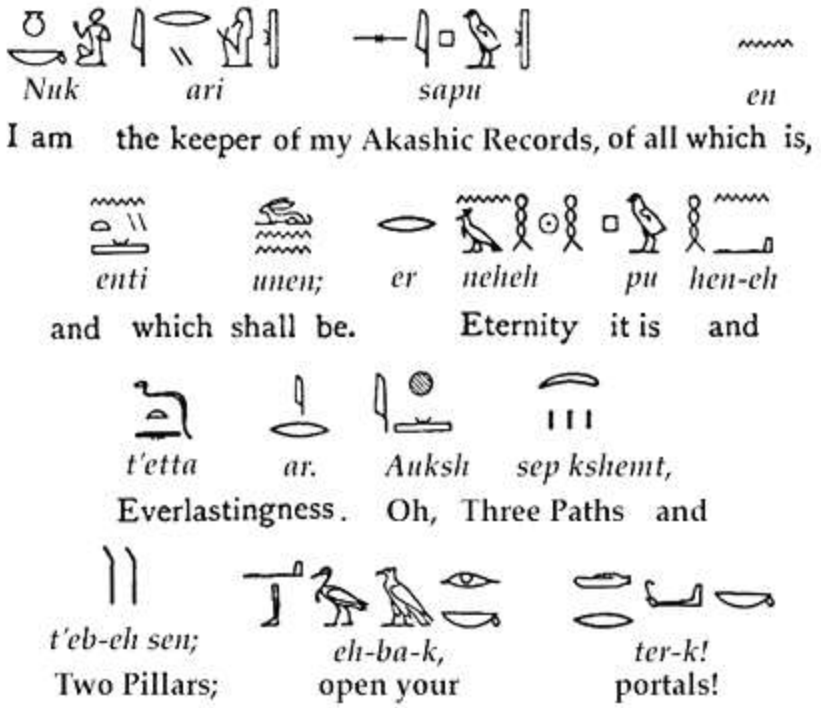
Candlelight is often a popular choice. You may also put some new age relaxing background music on and burn incense. You may choose cinnamon (increases psychic awareness). Take a few minutes to get into a relaxed, theta state. Take some slow, deep breaths and release all the tension from your body. Connect with your higher-self, your spiritual source. When you feel calm and centered, ask for protection from unwanted influences and focus on the dark mirror. Don't try to rush the process; stay very relaxed and keep your eyes slightly out of focus. Don't strain or try to force it. Hold your intention in mind.

For example, your intention may be to uncover a hidden gift of yours or perhaps to discover what is holding you back from achieving a dream. As you gaze into the ball (or mirror), let your eyes soften. Allow all images and sensations to come and go freely. Create emotional trust that it will work.

You may see images that are larger, which means they will occur sooner. Smaller images in the background will take longer to manifest, if you are seeking personal information. The more you practice scrying and related psychic work, the more quickly you can get into that relaxed state and notice even subtle impressions.

When you gaze intently at a surface without winking, the retinal cells become greatly fatigued and the retina is no longer sensitive. If the practice is continued, the fatigue spreads inward until the optic nerve itself becomes

deadened; finally the sight-area of gray cells becomes partially paralyzed. When this takes place, you have actually hypnotized yourself, and when the brain is dulled to outer impacts, it sometimes happens that visions are seen. Your conscious mind is asleep and your superconscious receives and decodes vibrations from the astral plane (or *Akasha* plane), non-ordinary cognition.


Nuk ari sapu en
I am the keeper of my Akashic Records, of all which is,
enti unen; er neheh pu hen-eh
and which shall be. Eternity it is and
t'etta ar. Auksh sep kshemt,
Everlastingness. Oh, Three Paths and
t'eb-eh sen; eh-ba-k, ter-k!
Two Pillars; open your portals!

The Three Paths are called by Kaballists "the Hermetic, the Orphic, and the Mystical Paths", and the two pillars mentioned are your feminine energy (*ying* to orientals, or *Shen* in old Kemet) and the masculine energy (*yang*, or *Sham*).

Recharging your psychic energy

Needed items: 2 drops of jasmine oil, 2 drops of geranium oil, 1 oil burner, 3 clear quartz crystals.

Ritual:

Take a relaxing bath and get ready. Once finished, go to the room and burn the oils, wipe the crystals and lie on the bed. Place a crystal on the third eye chakra (between the eyebrows) and hold the other two crystals, one in each hand. Make sure the crystal on your forehead is pointing down and the other two are pointing up.

Visualize a powerful wave of heat and golden energy entering through your feet and up your body and palms, where the crystals light up. This energy will continue to rise until you reach the third crystal, which will light up and release the power through the top of your head. Enjoy all your tingling senses and the pleasure of being revived again.

Activate your psychic abilities

Needed items: 4 purple candles, 1 white candle, jasmine incense, notebook.

Instructions:

Focus first, and then form a mind circle. Place the four purple candles around you, corresponding to the north, east, south, and west. Light the incense stick and place the white candle in front of you. Light all the candles and then clear your mind while looking at the white candle flame. Now picture your third eye, which is in the middle of your forehead and is where your psychic abilities come from, soaking up the energy of the white candle. Then sing:

"Vision of the present and past future, psychic spirit that I release, to hear the inaudible and see the invisible, strong and enthusiastic psychic powers. I open myself to see everything with my third eye, psychic bonds for me, free my spirit and my mind, so that my visions are no longer limited, that my visions and dreams come before the rising sun. Let my will be done, psychic powers I call on you, it is done. So be it"

When you finish this ritual, blow out the candles and close the circle. Take the notebook and keep it close to your bed. Start recording any messages you may have in your dreams as soon as you wake up. Even if they seem strange at first, your psychic visions and messages will become clearer in the next few days, especially if you write them down carefully.

Important recommendations

At this time, it is pertinent to make an important reminder to the reader, especially to those who have recently begun a path to awaken their natural spiritual abilities: Ask yourself if you are really ready to have visions; not everyone stands or is ready for everything they see. Please, don’t use remote viewing practices to play visiting prohibited negative locations such as Area 51, the Dulce Base, or the dark side of the moon. These zones are guarded by negative astral entities, or by egregores. The U.S. government also has its own remote viewer psychics taking care of these sites. Remember this.

How does the human mind work?

We all have a:

- Subconscious Mind (the “hidden” part of the mind; it processes 90% of the data input you receive).
- A Conscious Mind (It processes 10% of the information).
- Super-Conscious Mind (consciousness is aware of its own existence).
- Also, your spirit, your higher-self.

Let us concentrate on the mind:

Super-conscious mind:

Oversees the conscious and subconscious minds. Reviews and makes appropriate changes. Unaffected by replaying memories of the conscious mind. Always connected to the Divine and the information field.

Conscious mind:

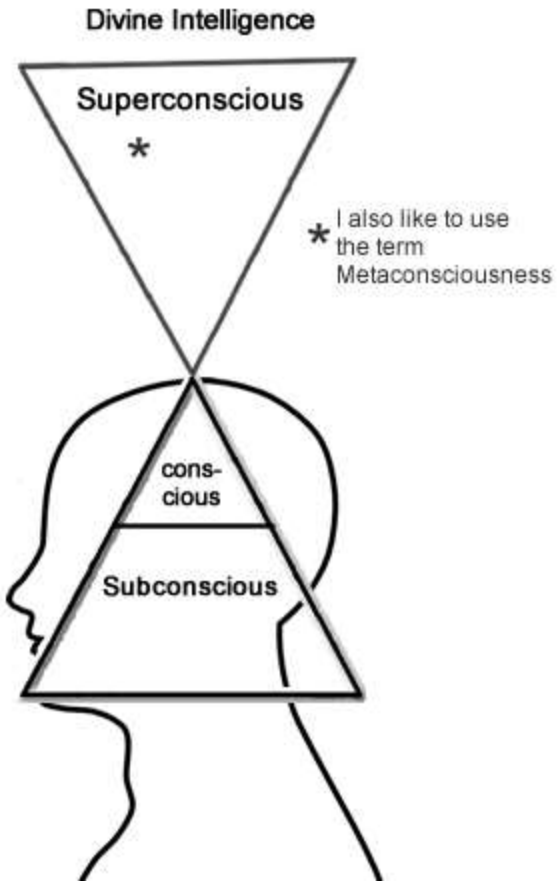
Has choices. Can allow incessant memories to be recalled and dictated experiences from the subconscious. We can initiate the release of them through meditation.

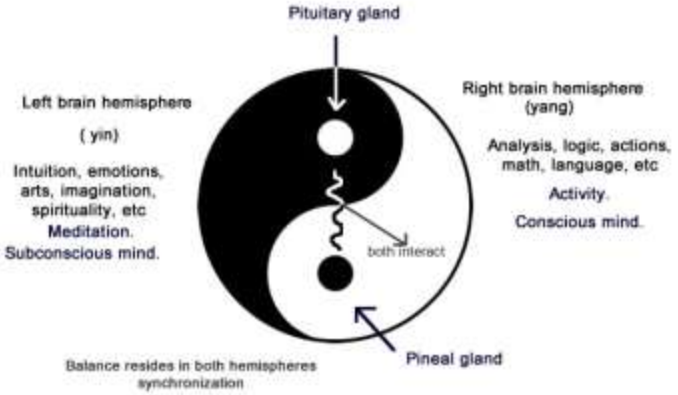
Sub-conscious or unconscious:

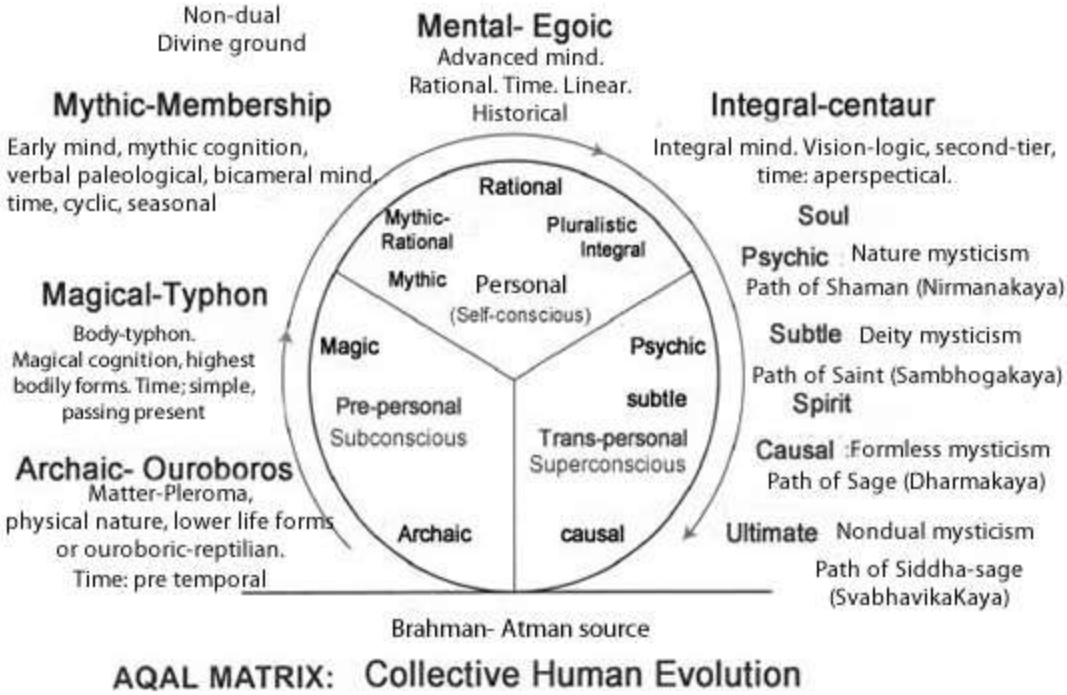
The storehouse where all of the recollections that have been gathered from the beginning of creation are kept. The place where past experiences are relived in the form of memories and where new ideas are generated. The region of the body and the world where one's memories are played back and where one draws inspiration. The trouble lies in the fact that memories keep playing over and over in one's head.

In Hinduism, they do not have words for the different minds, referring to them as different from each other; actually, they have the concept of states of mind. The unconscious state of mind is *"Sushupti*”, the conscious mind is

"*Jagrat*", and the superconscious is " *Turiya*". It is believed that our Superconscious mind is non-local, that it is everywhere, omnipresent. Some people believe that our superconscious mind is outside this reality, and that our brain only picks its signal (frequency) like an antenna picks the signal of a radio station.

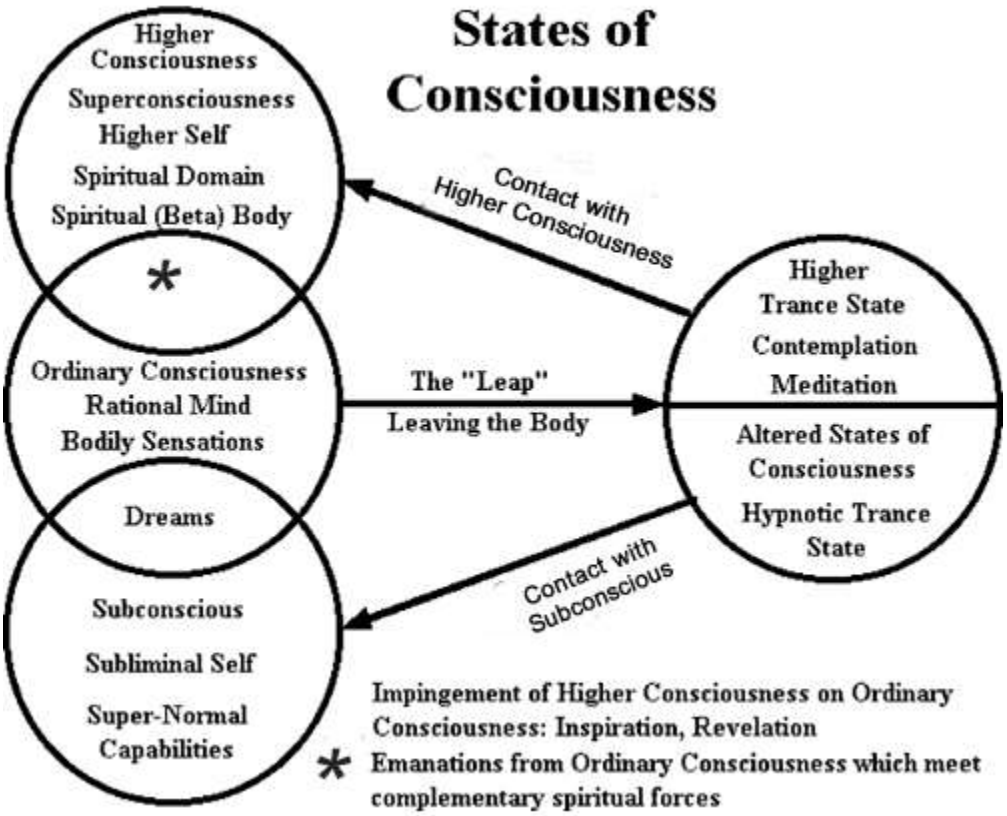






AQAL MATRIX: Collective Human Evolution

States of Consciousness



Impingement of Higher Consciousness on Ordinary Consciousness: Inspiration, Revelation

* Emanations from Ordinary Consciousness which meet complementary spiritual forces

How does remote viewing work?

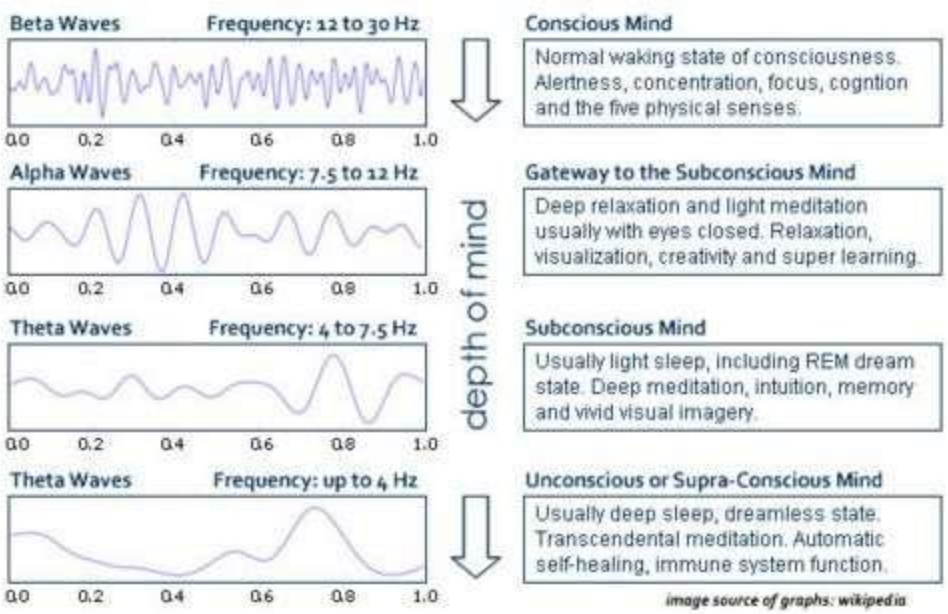
The remote seer accesses information psionically (that's why the term “Seer” is used). It starts with attempting to contact what is called the "signal line" for the target. It is more appropriate to call it a "connection link”, an energetic signature.

Our pineal gland picks up vibrations like an antenna. If you are in a highly meditative state, like Theta state, it helps. What they call “The Matrix” is just another name for the *Akashic records, or Noosphere* . Remember this: All of us (human beings) are immersed in Earth's magnetic field. Our brains are attuned to Earth's Schumman resonances. These geomagnetic fluctuations facilitate the entanglement of particles and information (remote viewing, telepathy, precognition, ESP, etc.). Entanglement does not require proximity; the other person (or event) can be miles away from the practitioner.

Edgar Cayce said:

“Thoughts are things that, like others, have their own vibrations. These vibrations exist in a vibration outside of time and space. Psychic awareness is the ability to tune into these vibrations and translate their resonance into a form accessible to consciousness.”

Theta state


Beta Waves
Frequency: 12 to 30 Hz
0.0 0.2 0.4 0.6 0.8 1.0
Conscious Mind
Normal waking state of consciousness. Alertness, concentration, focus, cogntion and the five physical senses.
Alpha Waves
Frequency: 7.5 to 12 Hz
0.0 0.2 0.4 0.6 0.8 1.0
Gateway to the Subconscious Mind
Deep relaxation and light meditation usually with eyes closed. Relaxation, visualization, creativity and super learning.
depth of mind
Theta Waves
Frequency: 4 to 7.5 Hz
0.0 0.2 0.4 0.6 0.8 1.0
Subconscious Mind
Usually light sleep, including REM dream state. Deep meditation, intuition, memory and vivid visual imagery.
Theta Waves
Frequency: up to 4 Hz
0.0 0.2 0.4 0.6 0.8 1.0
Unconscious or Supra-Conscious Mind
Usually deep sleep, dreamless state. Transcendental meditation. Automatic self-healing, immune system function.
image source of graphs: wikipedia

Energy used by the brain and the biophysical fields is proportional to frequency. In the Beta state, for example, the frequency can be around 28 Hz when anxious. In the *Theta* state, the frequency can be around 7 Hz. This means that by operating in *Theta*, you can think of using one quarter of the energy that is used in the beta state.

By having such an energy-efficient mode of thinking, the person in theta has enough energy to think four times better, which can be four times faster, or four times more in content. Using only one quarter of the energy you would use in the beta state of consciousness enables you to extend the time you can think and work by a factor of four. This augmented intelligence and stamina can be put to use for remote viewing. Psi activity requires energy to visualize the information coming from the biophysical fields. What is more, a lot of energy is required to open a link to the biophysical fields.

Brain waves are electromagnetic waves provided by the electrical activity of brain cells. It is possible to measure the frequency of these electrical

waves by means of cycles per second or Hertz (Hz). Theta brain waves are slower than the Beta and Alpha activity we normally have in daily life. They vibrate at between 4 and 8 cycles per second. Brain waves modify their frequencies permeated by the electrical activity of neurons since the amplitude of each type of wave is directly related to changes in states of consciousness.

Each person has individual brain wave activity characteristics. These features have a prototype and a rhythm, incorporating Delta, Theta, Alpha, Beta and Gamma frequencies: Delta waves (1 Hz to 3 Hz), Theta waves (3.5 Hz to 8 Hz) and Alpha waves (8 Hz to 13 Hz) correspond to more relaxed states (or sleep, or meditation, or the unconscious mind, etc.), depending on the level.

Talking about the “normal state" (waking, being focused, being conscious), 99% of our time in our day-to-day lives is in Beta mode (12 Hz to 33 Hz). During the day-to-day, we are focused on tasks and, often under some stress, our analytical and logical mind are working, operating in duality, analyzing memories and experiences of the past and projecting them into the future. In Hinduism, they describe states of consciousness as:

- The waking state (*bahish-prajnya*),
- The dreaming mind (*antah-prajnya*),
- Deep sleep (*suṣupti*) and,
- Pure consciousness (*turiya*).

To access the subconscious mind and then the superconscious mind, a person must practice meditative techniques and deep relaxation. For now, abandon the analytical part. The rational mind loves information, and analyzes everything.

Simply tell yourself that you have all of the answers in your subconscious mind. Believe this: when you access your subconscious mind, the answers start to come directly from the universal source through intuition.

Visualization for entering a Theta mind state:

It helps if, for practice, you can put relaxing music.

Relax deep breath.

Sit down in a comfortable position. You can sit cross-legged on the floor, on a meditation cushion or bench, or on a chair. It's important to be as comfortable as possible.

Close your eyes and focus on your breathing. Gently breathe in slowly and deeply, following each breath as it flows in and out. Breathe in through your nose and breathe out through your mouth.

Your eyes are always closed. Now, you imagine yourself as a ball of white light in the middle of your chest.

Travel upward toward your neck, gathering your body's consciousness. You, as the ball, are growing bigger and brighter as you do this.

Stop at the fontanel (crown) at the top of your head.

With a little bit of a pop, it leaves the fontanel and go three feet above your head. Look around. You are now in a Theta state, but we're not done yet. You should reinforce this state of mind.

Go up a few hundred feet and look around.

Keep going past the sun and the moon and through millions of galaxies.

Go past the universe.

In the distance is a ball of bluish white light. As you approach it, this ball gets bigger and bigger until it's right there in front of you.

Enter this light. You are in a whole new plane. Keep going through this light until it is all that exists.

Let the light wash through you and cleanse all your tension and impurities. Bathe in the light.

As soon as you, as the little ball of light, exited through the crown, you reached a Theta brainwave state. You went up further, past the galaxies, past the universe, into the ball of light to the place where only light exists. The extra steps in the visualization are to ensure that you are solidly in Theta. When you ask questions or visualize a goal after reaching a Theta state, do not be impatient. Intuitions will come through visual, kinesthetic, “direct knowing”, and/or audio channels – but not necessarily right away.

Extra tip:

If you want an easier way to get to Theta state, you can listen to binaural sounds. Certain frequencies help to sync up both hemispheres of your brain and get you to Theta state. Being relaxed, in a meditative state, is important to reduce the sensations (inputs) of the five physical senses so that this information does not interfere with the feelings that we have of psychic vision, which are more subtle. The conscious mind cannot interfere either; it tries to meddle and analyze everything.

Dynamic session:

You may choose to perform a session alone or with a friend as a “monitor”. In remote viewing, one usually closes the eyes to see with psychic vision the information of the target.

You must have a "Sacred space", for example your room, it means you must have no distractions. Turn off your phones, close the curtain, light up incense and a few candles (so the light will be dim).

You should have a notebook near the end of the session to write down the information you have received, or if you prefer (and it’s easier) have a voice recorder.

When you are in the remote viewing session (with your eyes closed, receiving information mentally), you obviously need to stay focused on that. Therefore, any drawings (ideograms) should be made in a notebook only at the end of the session. Or have a friend who draws the ideogram in a notebook based on what you are saying. That assistant is usually called a "monitor". The suggestions should be basic "clues", and not very detailed clues that could influence the viewer's imagination.

For those who are beginners trying to learn remote vision, I recommend trying some hypnotherapy sessions. Here is why: If you try to practice remote viewing with a friend as a monitor and the two still do not have experience, the results would not be promising in the first sessions.

If you go to a hypnotherapy consultation, you have several advantages:

To begin, you are learning to relax and allow your subconscious mind to communicate, which will be extremely beneficial in developing your psychic ability.

Second, the hypnotherapist is an experienced person, the person to have those first semi-conscious trance experiences with and for you to train your subconscious mind to follow voice directions and directions.

Third, it is healthy to vent, talk, learn more about your emotions and moods.

Back in the day, when I did some hypnotherapy sessions, I received information and had spiritual visions. I even communicated with spiritual guides, and these transformations that take place in our subconscious are forever. The intuitions and insights begin to flow more easily at any time of the day. We start to see each situation that happens to us in a more mature perspective. Some people begin to have lucid dreams, among other things.

Relaxation technique

Preparation:

Do not drink coffee or have a full stomach before a remote viewing session, as this way you will not be relaxed.

The room's environment should be almost dark (as you prefer), with a low light. Turn off phones so as not to be interrupted.

You can choose to lie in bed, or sit on a comfortable sofa, as you feel better, and it depends on whether you do a solo session or with a "monitor" to give you clues.

None of you (the remote viewer or the monitor) should use perfume or after-shave as the essence can make the conscious mind “concentrate” on that detail, that is, the sense of smell is putting the mind focused on that.

If you take some kind of tranquilizer or antidepressant, it can reduce the results, as these drugs influence the nervous system. Sometimes I refer to the remote viewer as a “seer” or sometimes I can say a psychic.

Before the initial meditation, you can say this statement, which helps to reprogram your confidence in your psychic abilities and to reach the ideal state of mind.

Affirmation:

“I am a spiritual being, so I am able to perceive beyond all the boundaries of space and time. My conscience is always present in every moment, past,

present and future. Everywhere, at all times, I try to learn and evolve. To promote my own personal growth and that of others. I direct my attention to a chosen point of existence. I watch what is there carefully. I memorize everything I find."

Relaxing method:

Lay down on the bed and close your eyes.

Visualize your feet. When you do it, imagine that all the muscles in your feet are becoming limp.

Visualize your ankles. As with the last body part, imagine that all the muscles in your ankles are becoming limp. Apply this same process every time you visualize a part of your body.

Visualize your calves. (Relax them)

Visualize your knees and thighs. (Relax them)

Visualize and relax your lower body.

Visualize and relax your chest and back.

Visualize and relax your arms.

Visualize and relax your neck.

Visualize and relax your head.

Now imagine yourself floating off to a grassy meadow. Visualize the grass; hear the birds sing; feel the sun on your skin and the ground beneath your body; smell the grass.

Visualize all your worries drifting from your body and evaporating in the sunlight. Feel the sunlight filling your body with energy that washes away the anxieties you have accumulated.

Tell yourself that you feel better than you have ever felt in your life.

Imagine your past experiences that caused you anxiety. See the black vapor of these old anxieties being expelled from your body to be replaced with positive feelings.

Replace these old worries with new positive feelings, such as love.

Each day that you practice, choose one new positive feeling and mental state to replace the old anxiety-inducing emotions, and visualize these new, positive emotions replacing the old anxiety-inducing emotions. These positive emotions will become linked with your practice of remote viewing, which will set up a positive feedback cycle: the more you practice remote viewing, the better you feel.

Once you are comfortable with this ritual and feel deeply relaxed, you can begin the set-up procedure for simple ERV. In your mind's eye, visualize yourself repeating the following axiomatic remote-viewing mantras:

The goal is to manifest the true potential within myself,

- I'm a remote seer who sees the total reality of itself,
- A remote viewer must step outside of group perception and hence group reality.

The target

There are cases where you can be "blind to target" in CRV or militarized remote viewing. But in other cases, it may be necessary to look at a photo and psychically connect to the place. There are different methodologies. It should be from a location you do not know about, a place you have never visited before, etc. Take a magazine, for example, and cut out a photograph of some landscape, city, or place, then look at the photo and focus on it until the "mental" image is recorded in your mind. So close your eyes and visualize it in your mind.

Feel your consciousness transporting you there. If you prefer, after recording a strong mental image of the landscape, help yourself with the crystal ball or with the black onyx mirror. Feel in your mind that you are really there; believe that your astral body and your consciousness can travel there; or if you prefer to feel things differently, feel that your pineal gland and your consciousness receive vibrations and information from this place.

A method that I use:

I prefer the practice of projecting my consciousness to the target place. Looking around 360º and starting a mental dialogue with myself.

- How's the weather? Is the sky clear or cloudy?
- How many buildings are around? What is the color of these buildings?
- Are there people in this area?
- What sounds can I decipher?
- What odors can I decipher?

It is you who knows which method fits best for you. Choose what you prefer, do it your way. And don't be concerned if your first experience yields little information; be patient; it will improve over time. Do not try to force an image in the beginning, as this would be "pulling" the conscious mind/imagination. The first perceptions are subtle; they start at a lower

level of conceptual abstraction and gradually move to higher levels of abstraction.

About the use of coordinates

In remote viewing for scientific or military purposes, the viewer usually receives coordinates. However, an ordinary citizen does not always have experience with geographic coordinates to be able to “psychically" see the location. If you would like to try this method, I recommend that you see it on Google Earth.

Search and see on Google Earth the image of the site. After the image is mentally recorded in your psyche, just visualize that location when you are in the remote viewing session. There are several expressions to define remote viewing; different methods of different systems. The process is similar to the projection of consciousness and the reading of *Akashic* records in spirituality. Techniques for automatic writing (of Spiritism) to psychograph messages are similar.

With Google Earth, you can literally see in three dimensions, digitally rendered images of the location, the facilities, the streets, the buildings. After that, simply close your eyes and mentally continue to visualize this place. Lay down comfortably, with your eyes closed, and imagine that you project your consciousness to that place.

Slowly, sensations will emerge, ambient sounds, voices, you begin to feel that you are going through this place (as if it were a virtual reality game), look around, look at the sky, look at the floor, look around 360 º, focus on the details.

- Are there people on this site?
- Do you hear background sounds? Vehicles or traffic?
- Any smell?
- Is it near the sea, or is there some railroad nearby?

Use your conscience to scan for details. In remote viewing sessions, it is common to have a mentor, someone who is sitting close to you conscious (with open eyes and conscious that you verbally give him instructions).

This is because if you are closed-eyed, meditative, in an altered state of consciousness, mostly using your subconscious mind, you cannot at the same time be conscious and analyze all the information and details (it is possible, but it becomes more complex). This is easier if you have the support of someone else who acts as an assistant (monitor). This person can write down all the details in a notebook, drawing ideograms.

A beginner needs to develop skills to draw ideograms. Practice and some exercises are necessary. For example, some standard ideograms are used to establish meanings. They are "established" because many remote viewers use these same ideograms to represent the same things.

Typically, seven or eight pages of exercises are sufficient to establish the initial vocabulary of the ideogram. In the exercise, an instructor repeats words like "structure" and the practitioner quickly draws an ideogram of structure. The instructor encourages the practitioner to not edit anything and write down the data immediately. The next step is to draw a sketch guided by the intuitive feelings of the remote viewer. They can be spontaneous sketches of the target, or they can be more analytical based on what was pictured at the start of the session.

Sometimes sketches can be detailed graphical representations of the target but they are usually more like pictorial symbols, partially descriptive, but also symbolic of the target's complexities. In the information field, ideas are not deciphered in the form of words; our consciousness captures them as visual, sensory, conceptual, emotional, and other impressions.

CIA and the Gateway Process

CIA officials are said to be interested in metaphysics and spirituality. A declassified document from 1983 reveals the process of expanding awareness and the Law of Attraction, entitled: Analysis and assessment of the Gateway Process.

CIA code no. RDP96-00788R001700210016-5 / Department of Defense.

In that document, they mention that:

The universe is made up of interacting energy fields, some at rest and others in motion. It is, in itself, a gigantic hologram of unbelievable complexity. According to the theories of Karl Pribram (a neuroscientist at Stanford University) and David Bohm (a physicist at the University of London), the human mind is also a hologram that is attuned to the universal hologram through energy exchanges, thus generating what we call conscience.

… Matter and energy tend to be misinterpreted if considered to indicate two distinctly different states of existence in the physical world we know. In fact, if the term matter is representative of a solid substance as opposed to energy that is understood as a force of some kind, then the use of the expression is entirely illusory. Science now knows that both the electrons that move in the energy field around the nucleus of an atom and the nucleus itself are oscillating energy grids.

Solid matter, in the strict construction of the term, simply does not exist. Instead, the structure of an atom is made up of oscillating energy grids that are surrounded by other oscillating energy grids that orbit at very fast speeds.

... Every human being, his brain, consciousness, everything, like the universe that surrounds him, is nothing more or less than an extraordinarily complex system of energy fields.

Depending on the energy, it passes through various aspects of the universal hologram and is perceived by the electrostatic fields of the human mind. The holographic images being transmitted are projected onto these electrostatic fields of the mind and then perceived as the electrostatic field is operating at a frequency and amplitude with which it can harmonize, thus reading the carrier wave pattern.

"Our whole reality is interpreted by the mind making constant comparisons ... Whenever we notice something, we perceive only the differences".

In states of expanded consciousness, the right hemisphere of the brain in its holistic mode of operation (non-linear and non-verbal) acts as the primary matrix for this holographic input while, operating in phase or coherence with the right hemisphere, the left hemisphere provides the secondary matrix through its binary method, similar to a computer. It works to further track data by comparison and reduce it to a discrete two-dimensional shape. (Itzhak Bentov)

The document mentions the Absolute (God):

Energy that is not confined is a force without limit, without dimension, without limits of form. It is infinite; it cannot move because there is nothing but infinity, and therefore it is outside the dimension of time.

It is also beyond space because this concept implies that a specific form of energy is limited to a specific location and is absent from other locations. But if energy is in an infinite state, there are no limits; there is no "here" to differentiate from "there", no sense of area.

Infinity energy means energy that is uniformly magnified without limits. It has no beginning, no end, no location. It is the conscious force, the primordial and fundamental power of formless existence, an infinite state of being.

It is said that the energy at infinity is completely at rest and therefore cannot generate holograms as long as it remains totally inactive. It retains its inherent capacity for consciousness insofar as it can passively receive and perceive the holograms generated by the energy in motion in the various

dimensions that make up the created universe, but it cannot be perceived by the consciences operating in the active universe (us).

The energy in this state of infinite rest is called by physicists as energy in its absolute state, or simply "the Absolute". Between the Absolute and the "material" universe in which we experience our physical existence, there are several intervening dimensions that the human consciousness in an altered state of consciousness can access (projection of consciousness, meditation, remote vision).

Theoretically, human consciousness can continue to expand the horizons of its perceptual capacity until it reaches the dimension of the Absolute, at which point perception stops because the Absolute does not generate holograms about itself.

Like certain strange discoveries in quantum physics, the radical reorientation of this theory makes sense in terms of claims by mystics over time.

Expansion of Consciousness:

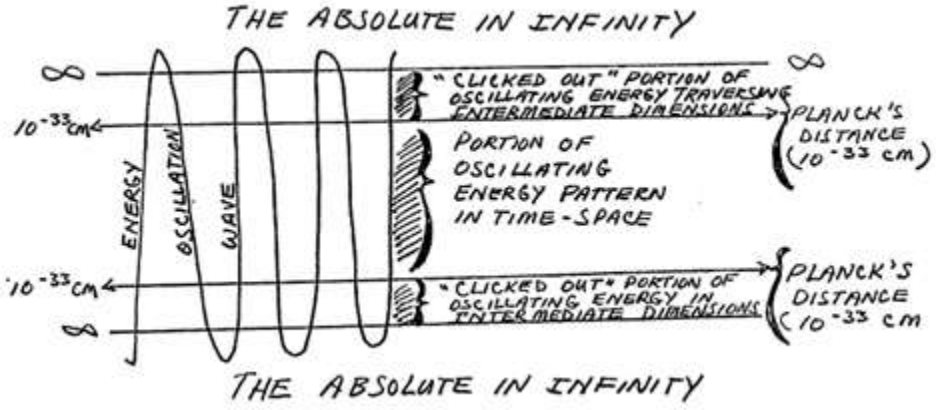
In an altered state of consciousness, the individual can perceive the dimensions of the non-spatial-temporal because of the operation of a principle of physics known as Planck's Distance.

This is an aspect of quantum mechanics that applies to the fact that any oscillating frequency (such as a brain wave) reaches two points of complete rest that constitute the limits of each individual oscillation (i.e, up or down movement). Without these resting points, an oscillating wave pattern would be impossible, since the resting points are necessary to allow the energy to change direction and thus continue to vibrate within strict limits.

But it is also true that when, for a brief moment, this energy reaches one of its two resting points, it "pulses" in the space of time and joins itself to infinity. This critical time-space step occurs when the speed of the wave oscillation drops below 10-33 centimeters per second (Planck distance).

Using Bentov's words: "... Quantum mechanics tells us that when the distances fall below the Planck distance, which is 10-33 cm, we actually enter a new dimension".

Returning to our case, the wave pattern of human consciousness reaches a frequency so high that the "pulse" pattern comes so close that there is a virtual continuity. Then, a portion of that consciousness is postulated to establish and maintain its function of collecting information in the dimensions located between time-space and the Absolute.



Note: Focus 12 is a “Monroe Institute” concentration method combined with binaural audio for synchronization of the cerebral hemispheres (Hemi-sync, or similar).

Once the hologram generated by the thought of the objective sought is established in the universe, it becomes an aspect of reality that interacts with the universal hologram to produce the desired result that, in other circumstances, would never have occurred.

In other words, the standardization technique recognizes the fact that, since consciousness is the source of all reality, our thoughts have the power to influence the development of reality in time-space, as we do, if these thoughts can be projected with the appropriate intensity.

At the end of the document, they advise us to practice projection of consciousness (Gateway process) in a group.

Use the multi-focus approach to solve distortion problems on land-based information collection trips. This approach involves using three individuals in the out-of-body state; one visualizing the target object here, in time-space; one visualizing it in Focus 15 as it travels into the past; and one visualizing it in Focus 21 as advancing into the future. Analyze the three and compare the data collected from the three points of view. If care is taken to ensure that all three leave the body in the same environment, their consciousness energy systems must resonate in sympathetic oscillation. They can tune the same target in different planes (dimensions) more effectively.

Link to the official document:

https://www.cia.gov/library/readingroom/docs/CIA-RDP96-00788R001700210016-5.pdf

Note the official URL: cia.gov. The document is not a Photoshop edit.

The document's author, Commander Wayne M. McDonnell, researched works by scientist Itzhak Bentov, the Monroe Institute, and quantum physics. Much of the document's text was copied from the book “A Brief Tour of Higher Consciousness”.

It remains to be seen why the Department of Defense wanted this study. Was it for soldiers’ training or remote viewing?

The soldiers accepted into the Center Lane Project underwent hypnosis and practiced astral projection, with the aim of learning foreign languages and going through what the documents just call "habit control training.".

According to one of the declassified army archives, 251 candidates from the army's intelligence were selected for the first year of experimentation. Of these candidates, 117 were interviewed with the impression that they were doing a survey. The document does not provide details about the research itself, but it does indicate that the interviewer asked rather direct questions about "psychoenergetics".

I want to end with a small note: The document makes reference to the Monroe Institute's Gateway program, and Hemi-sync products, however I must point out that these are not the only and exclusive methods for expanding awareness. There are a variety of meditation albums and gadgets with binaural sounds, including guided meditations on YouTube (downloadable) that produce the same effect (contain binaural sounds). You can do meditation (listening to binaural sounds and guided meditation with a mp3 and headphones).

Other methods combine meditation and a transcranial direct current stimulation device (transcranial direct current stimulation: TDCS) (with two electrodes and a small voltage of 1.5mA to 2mA). Transcranial stimulation with larger devices has already been tested for obsessive disorders, depression, and anxiety in hospitals and clinics, with very positive results. Smaller devices (that use a 9-volt battery) can be found on eBay and used in conjunction with meditation; the voltage is low and safe, and two stickers with electrodes are placed on the forehead or temples.

This final note, which I wrote, is with knowledge. For more than twenty years, I have studied and practiced spirituality, meditation, and remote viewing.

What kind of remote viewer are you?

There are different types of sensitive people, or different ways of accessing the energies of coordinates or inputs.

Sometimes distortions can occur. Don't worry, practice and improve. Remote viewing is not about the methods but how the person's mind accesses the energies that need to be addressed for each person.

Different types of remote viewers.

Allegorical Mindset:

Remote viewing is designed so everyone gets hard data from the co-ordinates.

Individuals with an allegorical energy access point will have more analytic overlays for no clear reason.

They will be the ones that lose the signal line since they have a mind that deciphers the data in such a way that they will not know which data is genuine and what to focus on. It actually happens when the person draws energy from the co-ordinates and the way the energy shapes in their psyche. Not the method or RV or way they use the remote viewing methods.

They would have to figure out how to read the energies in a method they used to do energy work.

Etheric mindset

Etheric vision is seeing everything in layers. I surmise the best comparison would be a superhero's X-ray vision. Is like seeing the truth in everything. The astral plane and all of the energies hold no mysteries for the person

with etheric energy access point. It resembles having a diagram in layers of how everything works and placing it into effect.

One unique thing about this moment is that the person who is tapping into these energies usually sees energy signatures in everything living.

Inanimate objects have colors and aspects, which show their purpose and usage in those planes.

You can see the layers of a stone and why it exists if it is only to hold soil in place under it. The energy signature generates notes, chords, and vibrations, which bring the signal alive.

A viewer who has etheric vision will be great at ERV, yet centrally, the energy access is now there with hard data, in contrast with the allegorical mindset.

Compartmentalized Structured mindset

This method uses the hypothesis that the psyche is made of separate components and that all of them cooperate to achieve successful viewing. They are normally the conscious, subconscious, and higher-self, or physical, mental and astral bodies.

It implies that faith and belief in the energies being sent for a specific purpose is what works best in this access point.

The individual with Compartmentalized Structured energy access doesn't need to know how things work. It is enough to believe and have faith that it will work.

The viewer simply utilizes the coordinates and goes to the deep level right away.

It is simpler for them to draw the target than it is to write descriptors. The descriptors normally get written once the drawing is finished.

It works everything out such that they need adaptability and comprehension of this reality where they express their feelings and form a structured view.

Unity Patterned mindset

Unity Patterned energy access point means accessing all the patterns that make us exist and move forward towards the objectives of God or the Now.

All of life forms patterns first as people, and afterward as groups. It is what shows Karma by nations, individuals, and the world in general.

It would be called clairsentience.

A viewer that can access this pattern will be good at ARV yet it can likewise give him too much information on choices and make it so alternate realities can be seen. However, the information flows and emotions, energies and data are clear.

It is where you can hear the individuals talking or doing things and has a synergy of energies that makes viewing easier.

It is a trance state, and again the remote viewer goes to the drawing and then the clarification.

It likewise has a feel and sound to it where you can choose a photo out of the lineup of what you have been viewing.

Everybody has gifts and ways of interpreting what they feel, see, taste, and hear. The extra senses are the same way.

We all have ways that we use our extra senses without knowing it in different combinations.

Remote viewing gives an organized method to do this for everybody.

Glossary of terms

Adaptive energy: The biophysical energy of the body used to empower the immune system to fight internal and external stressors and uphold the structural integrity of the body and mind.

Agent: An individual who tries to influence a target system solely through mental means.

Aesthetic Impact (A.I.): A.I is the viewer's personal, emotional reaction to the target area: "the feelings that the target area evokes in you". It can be an expression of sudden astonishment, dizziness, disgust, or pleasure. It is extremely important that A.I is properly perceived and written out, because it can decide the entire course of the session from this moment on by triggering a so-called Analytic Overlay.

Analytic overlay: It refers to analytic response of the viewer's mind to make sense of information it receives. Often the interpretation is wrong, although it tends to be based on data that is valid.

Biophysical field: The biophysical field is the energy body that surrounds the physical form and can be detached and used for remote viewing. Composed of fields unknown in the West. Etheric double.

Cinema method: The cinema method: when remote viewing, the use of a mental cinema screen to receive information broadcast from the biophysical fields. Fix attention on a TV image which you are conditioned to watch. I prefer to call this a visualization. You can mentally project into a photograph, or a movie, just imagining, and visualizing that your mind is there.

Compute Assisted Search (CAS): The use of computer-generated options which are linked to real-world objects in a search task.

Directed attention: A focused, relaxed state of mind focused on a single function, in this case RV. A tool to switch off internal chatter by the use of the Cinema Method. A mental laser of attention emanating from the thalamus and used to command and control Psi-operations. I prefer to refer to it as "creative visualization. ELF: Extremely low-frequency waves. This form of wave penetrates the skull and is the set of frequencies that the brain uses for behavior. Therefore, ELF signals are used on microwave carrier waves to influence behavior, make people ill, etc.

Epicenter of attention: The place where the self part of your mind lives is the center of attention. This is a place that has been recreated to match reality so that the self can perceive itself and do its best work inside or outside of your body.

ERV: Extended Remote Viewing - It is a more advanced form of psychic spying in which the clairvoyant enters the theta state of consciousness, from which accurate psychic viewing can be established by following a specific set of protocols.

ESP: Extra Sensory Perception. It is the ability to use psychic sensory means to read minds, see into the future, or view distant locations remotely.

Evoking: To call forth or up; to summon; to summon a response; to elicit. Interaction of the coordinate or alternate prompting method is what "evokes" or calls up the signal line, making it hit the autonomic nervous system and unconsciousness so it can be sent through the viewer and on to objectification.

Ideograms: These are marks drawn quickly by a remote viewer, usually at the start of a remote viewing session. Ideograms often resemble squiggles, sometimes curvy, sometimes straight, and sometimes with angles. The various characteristics of the ideograms tend to reflect aspects of the target for the remote-viewing session. So, there are ideograms for gestalts that are related to mountains, structures, land, air, movement, subjects, water, and so on.

Limen: The consciousness threshold; the interface between the subconscious and the conscious.

Mental feedback: Mental feedback is the use of the mind to cause changes in the body.

Monitor: An individual who monitors a Remote viewing session in order to collect data.

PDE: The Paranormal Damping Effect. A creation of negative memes and meme structures which is used to suppress all paranormal abilities, to make

agreed upon things and events real, while strongly exorcising events and phenomena that do not agree with the common consensus. This is an inner desire of the person, when he is not able to deal with and process the paranormal phenomena that occur in his life, so he wants these manifestations to cease, exorcise them.

Psychotronics: Psychotronics is the study of the use of Psi-energy to influence people and reality. Also included is Soviet research on controlling people's minds with Psi and electromagnetic waves that carry ELF signals.

Receiver: A remote viewer is also referred to as a subject, percipient, or viewer. I call it “seer”. Percipient is a term used in parapsychology, to describe a person who receives impressions in an ESP test.

Remote attention: The feeling of being watched. A kind of extra-sensory perception, because we know and feel that someone is watching from a distance, even without seeing that person's eyes.

Remote Influencing: Telesomatic effect. The use of telepathic hypnotism to plant thoughts in another person’s mind, to control that person’s thoughts, or to cause bodily changes. In studies at Princeton University, people were able to control physical objects with their minds from distant locations.

Remote sensing: Remote sensing is the ability to psychically scan other people in order to telepathically sense the state of their bodies or to begin to read thoughts and emotions running through their minds.

Scanning: The military use of remote sensing to psychically interrogate the brain of the victim to gain information by ESP and telepathy.

Signal line: The hypothesized chain of signals emanating from the Matrix and perceived by the remote viewer that transports the information obtained through the remote viewing process is referred to as a signal line.

Situational awareness: Situational awareness is defined as "having the clue," "intuitively taking in a wealth of information, evaluating it, and reacting appropriately”.

Subspace: Anything that is on the other side of the physical realm.

Target: An item that is the focus of a remote viewing task (e.g., person, place, thing, event).

Trial: The smallest unit of data to be analyzed.

Final conclusions

Like any muscle in the body, constant repetition of the techniques improves the condition and performance of remote viewing; the same is true for our spiritual abilities. We now have enough knowledge to know that, in fact, the most technologically advanced countries have invested time and resources in this field of study.

A basic procedure for performing remote viewing is:

First decisions: Decide who will be the sender—the one who "transmits" the information to the viewer—and who will be the viewer, the person who actually does the remote viewing.

Create the targets: Pick at least five targets—the locations the viewer will be remote viewing—with the assistance of a third person who will not be a part of the experiment. The objectives must be actual locations, ideally accessible by car. The major elements of the location should be mentioned, including landmarks, geographical characteristics, buildings, and directions. The stronger the details, the better.

Secure the targets: Each target card should be placed by the third person in a separate, opaque, unmarked envelope. All envelopes must be sealed.

Choose the target: Provide the viewer with one of the target envelopes after having a fourth person choose it at random.

Set a time: Select the start and finish times for the actual experiment. Let's assume, for example, that you decide to start at 10 a.m. and finish at 11 a.m. Up until the experiment's conclusion, there shouldn't be any communication between the sender and the spectator.

Open the envelope: In a location separate from the viewer, the sender should open the envelope and discover the destination location for the first time. The sender should then travel there, hoping to be in time for the start (in this case, 10 a.m.).

Viewer preparation: Before the start time, the viewer should prepare by finding a place that is as peaceful, comfortable, and distraction-free as possible. To prevent any potential interruptions, dress comfortably, disconnect the phone or switch off the cell phone. Try to relax as much as you can; practice deep breathing.

Start sending: The sender arrives at the intended destination at the specified time. The sender should take in their surroundings and start sending comprehensive impressions of the area. There should be specific colors, clear shapes and structures, and even smells in the impressions.

Start viewing: At the scheduled time, the viewer should be completely relaxed and seated with a piece of paper and a pencil or pen. Note any lasting impressions that you have. Note color and odor impressions when drawing the shapes that are visible.

Notes: The sender should also make notes regarding the particulars of the target place before the experiment is finished. It's possible to snap pictures or videos as well.

Ending the experiment: The viewer is required to sign and date any notes and drawings made at the conclusion of the scheduled time. Then someone else receives these.

The judge: After the experiment is finished, the notes from the viewer and sender (along with any images, if any) should be given to an impartial person who will act as a judge. This person should have no prior connection to the experiment. The judge will decide how well the remote viewing experiment worked by comparing the notes made by the sender and the viewer.

The verdict: Following that, everyone can gather to view all of the documents, hear the judge's decision, and learn the number or percentage of

successful remote viewings.

Plan another experiment: Whether the outcomes are positive or negative, prepare to try again. It takes time and effort to conduct psychic tests. Never give up.

Share your achievements: If you've conducted a successful remote viewing experiment, post it to social media.

Tips:

When the third party chooses the target locations, it will be advantageous to choose locations with powerful, distinctive, and striking visual elements. This will facilitate and improve the target's transmission and reception. The personnel who select the targets and make the cards and envelopes should not be seen or spoken to by the viewer at any point before or during the experiment. This stops any information about the targets from being accidentally leaked to the viewer.

Do not attempt to understand, analyze, or second-guess the viewer's notes or drawings of their impressions. Without any judgment or censorship, write down your initial impressions. Simply allow it to occur. Some viewers find it more enjoyable to simply sit back and take it all in. Declare what was "seen" and request that someone else record what was said. Take into account audio- or videotaping it. During the recording, this person should keep complete silence.

Do not give up. A psychic experiment like remote seeing is not always successful, unlike a scientific experiment where mixing two molecules yields the same outcome every time. The people involved, the location, the time, and other factors will all have an impact on the outcomes. But carry on exploring. It's possible that over time, your percentage of "hits" will increase.

Defense against remote influence

Many books only teach the basics of remote viewing. But what about defense? If you suspect you are being influenced remotely, how can you defend yourself?

First, I recommend that you strengthen your psyche and your spirit. It's years of reading and spiritual practice. A strong spirit will never be broken.

Take it easy; always practice. Learn to feel the vibration of your feelings and thoughts; dedicate yourself to meditation and self-knowledge so you will know when a strange (negative) thought is yours or from an outside source.

Say a prayer to your spirit guide, or any prayer that you like, because when you raise your vibration to another opposing person (remote influencer), he will have difficulty tuning in to your personal vibration, which has changed. There is no longer any resonance between the two.

Another point to remember: believe in the power of your mind. You can send a counter-command to the enemy (remote influencer) and mentally say, "I detected you. I am aware that you are trying to influence me. I order you to stop". Here I remind you that the observer effect of quantum physics works; when observing an effect or element, we break the wave function.

Upon becoming aware that he is being influenced remotely by someone, he has broken the wave function. With your mind, break the hold and order it to stop.

Water is also a purifying element, for thousands of years, energetic baths with herbs and essences have been used in shamanism, in Egyptian magic, and more recently in Umbanda and other traditions. A bath energized with prayers, herbs, salt, and essences magnetically releases energies that were in your biophysical field (aura).

Use your mind, visualizing an energy shield around you (the "shielding method") to cause psychic disruption from any remote outside influences.

This takes practice.

Shielding

Shielding is an English term that defines the mental visualization and creation of a psychic shield for auric protection, that is, bioenergetics. However, I prefer "shielding" as it is known.

These are the basics of how visualizing an energy shield around you can be used to direct and program that energy.

Close your eyes, relax, and enter the Alpha state.

Imagine an oval shield of white or gold light around you. Personally, I tend to visualize rotating shields, meaning energy constantly flowing around, sometimes multiple shields or golden rings rotating in opposite directions. This makes the shield more dynamic and impenetrable. Give wings to your schedule. It is considered that the shield is actually an expansion of our aura.

I can say that the shield (invisible to the eyes) is a quintessential plasma field that creates a protective barrier, an "ethereal armor".

They argue that our aura (this can vary from person to person) goes up to a radius of 40 cm around us. But whenever we are stressed or afraid, that auric field shrinks. On the other hand, if we are meditating or consciously directing that energy (through visualization, or shielding, etc.), the aura expands.

If you practice this visualization daily, it becomes automated (on a subconscious level), and day by day it will become more and more natural and easier to visualize a shield around you. It becomes autonomous.

Amulets

Amulets work in many ways at the same time, as a spiritual element that strengthens our psyche (when the religious symbology of the amulet makes us feel strong), as an energy accumulator or energy deflector. Some crystals can absorb negative energy while others can repel it. I recommend a resin amulet with metallic elements (the well-known orgonites), particularly if it has a spiral copper wire.

On the internet, there are hundreds of "quantum" and "radionic" amulets with sacred Kabbalistic symbols, but most are ineffective. I recommend real copper spiral orgonite.

Auric cleansing bath

Add some sprigs of white roses, rue, and coarse salt, and boil in 3 liters of water. Let it rest and heat up again. Then pass everything through a fine sieve. Take this bath on a Monday with a waning moon (from the neck down).

More drastic measures

If you suspect you are under the influence of psychotronic equipment, directed energy, or EMF (electromagnetic frequencies).

Wear special clothing that blocks these waves. Such equipment is expensive and it is only sold in the United States, but it works.

Clothes with EMF protection have inner layers with metallic filaments, including copper and silver nanofilaments, to block external radio frequencies up to 90%. This works on the attenuation principle.

They certainly also block external mental (psychic) waves. Look on the internet. There are several sites that sell them. Search terms can be EMF blocking cloth, Faraday cloth, or Faraday apparel.

An electric field applies a force to electrons, which are the charge carriers in an ideal conductor, which in this case is the shielding material of clothing. This induces a current to flow, which in turn displaces the charge within the tissue. The result of this is that the internal electric field is cancelled, causing current to stop flowing, which in turn stops the electric field.

Likewise, magnetic energy causes eddy currents that cancel out the fields inside or outside the shielding material. As a result, radiation is reflected off the surface, causing the internal or external fields to remain inside or outside, respectively.

Be careful, don't buy "psychotronic" or "quantum" devices on the internet; some on Amazon and eBay sell for over 300 dollars. There are no guarantees that they will work; most don't.

It is best to spend $75 on a cap or hoodie that blocks EMF and RF radiation from a trusted website.

Annexes of official documentation

Approved For Release 2000/08/08 : CIA-RDP96-00789R002100040001-4

~~SECRET~~

DT-S- 1009-S

DEFENSE
INTELLIGENCE
AGENCY

PROTOCOL

FOR

BEACON PERSON TARGETING (U)

19 December, 1990

~~NOFORN~~

~~SECRET~~

Approved For Release 2000/08/08 : CIA-RDP96-00789R002100040001-4

Approved For Release 2000/08/08 : CIA-RDP96-00789R002100240001-2

SLIDE #	NAME	DESCRIPTION
2	PSYCHO .CHT	PSYCHOENERGETICS

PROJECT SUN STREAK DEALS WITH THE USE OF PSYCHOENERGETICS IN THE COLLECTION OF INTELLIGENCE INFORMATION.

PSYCHOENERGETICS IS DEFINED AS SHOWN HERE, AND IS BROADLY SUBDIVIDED INTO TWO CLASSES;
1. MENTAL AFFECTS ON THE PHYSICAL WORLD
2. PURELY MENTAL COLLECTION OF INFORMATION

DISPLAY TIME:

PSYCHOENERGETICS
Is defined as:

The process by which an individual may psychically interact with objects, locations, organisms, or events.

1. **Psychokinesis** - Physical actions performed by mental powers.
2. **ESP, Telepathy, Remote Viewing** - Perceptions which cannot be explained by known sensory means.

Approved For Release 2000/08/08 : CIA-RDP96-00789R002100240001-2

Approved For Release 2000/08/08 : CIA-RDP96-00789R002100240001-2

SLIDE #	NAME	DESCRIPTION
6	1970S_C .CHT	1970's

PSYCHIC IMPRESSIONS INCLUDED MUCH DETAILED ACCURATE INFORMATION, SOME OF WHICH WAS PREVIOUSLY UNREPORTED, ABOUT

[redacted] SG1A

THESE PSYCHIC IMPRESSIONS WERE CONFIRMED BY HUMINT AND NATIONAL TECHNICAL SOURCES.

DISPLAY TIME:

1970's

Early attempts by DOD

✓ USED EXPERIENCED EXPERIMENTORS

Hal Puthoff & Russel Targ

✓ USED PROVEN GIFTED SUBJECTS

Pat Price & Ingo Swann

✓ GAINED DETAILED INFORMATION ABOUT:

Soviet R&D Facility at Semipalitinsk

SG1A [redacted]

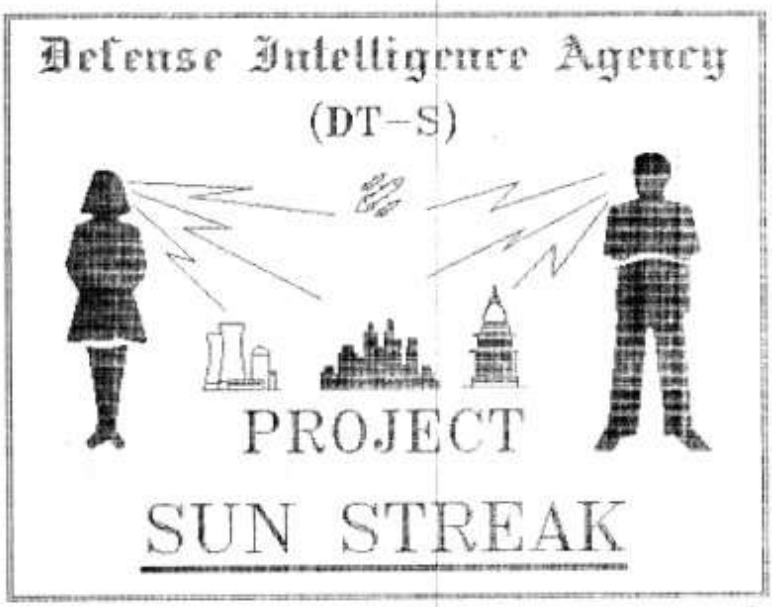
Approved For Release 2000/08/08 : CIA-RDP96-00789R002100240001-2

SLIDE #	NAME	DESCRIPTION
56	END .CHT	Defense Intelligence Agency

THIS HAS BEEN A BRIEF OVERVIEW OF PROJECT SUN STREAK, A PSYCHOENERGETICS PROGRAM UNDER THE AUSPICES OF THE DEFENSE INTELLIGENCE AGENCY.

LET ME CAUTION YOU AGAIN THAT THE INFORMATION CONTAINED IN THIS BRIEFING HAS BEEN CLASSIFIED SECRET, AND IS COMPARTMENTED, SPECIAL ACCESS INFORMATION.

DISPLAY TIME:



Approved For Release 2000/08/08 : CIA-RDP96-00789R002100240001-2

SLIDE #	NAME	DESCRIPTION
39	SS2-C .CHT	BENEFITS OF RV

THERE IS NO KNOWN DEFENSE. TIME, DISTANCE, TARGET, SIZE, OR DEGREE OF DIFFICULTY ALL HAVE NO APPARENT EFFECT ON COLLECTION BY REMOTE VIEWING.

EVEN CONCEPTUALIZED PLANS HAVE BEEN COLLECTED AGAINST PRIOR TO THEIR ACTUAL IMPLEMENTATION.

DISPLAY TIME:

SUN STREAK
REMOTE VIEWING

By present day methods, remote viewing provides these benefits:

- It is passive in nature
- It is inexpensive
- There is no known defense against it.

Although the US Navy subsequently denied the reports of telepathic testing on atomic submarines, the Soviet hierarchy apparently heeded Doctor Vasilev's advice and gave support, both moral and financial, to his dynamic view that: "The discovery of the energy underlying telepathic communication will be equivalent to the discovery of atomic energy (62).

4. (U) Since 1962, Doctor Vasilev has headed a special laboratory for biocommunications research at the University of Leningrad. Major aspects of the work of this laboratory are to conduct research and to develop machines capable of monitoring, testing and studying telepathic communication (79).

5. (U) In 1963, Doctor Vasilev claimed to have conducted successful long-distance telepathic experiments between Leningrad and Sevastapol, a distance of 1200 miles, with the aid of an ultra-short-wave (UHF) radio transmitter. As a result, Doctor Vasilev was convinced that his experiments, and those he conducted jointly with the Moscow-based Bekhterev Brain Institute, offered scientific proof of telepathic communications. His next goal was to identify the nature of brain energy that produces it (59).

Theorizing on the above experiments, one Soviet scientist suggested that telepathic impulses are radiated along the lines of bits of information in a cybernetic system. Another scientist is known to be working on the idea of time as energy, speculating that telepathic transmissions may be propagated through a supposed time-energy system, rather than through the electromagnetic field.

6. (U) Soviet research into biocommunications phenomena does not appear to be earth-bound and limited to inner space, but apparently extends to outer space as well. The so-called Father of Soviet Rocketry, K.E. Tsiolkovsky, stated that:

> "In the coming era of space flights, telepathic abilities are necessary. While the space rocket must bring men toward knowledge of the grand secrets in the universe, the study of psychic phenomena can lead us toward knowledge of the mysteries of the human mind. It is precisely the solution of this secret which promises the greatest achievements." (80)

There are reports that the Soviets are training their cosmonauts in telepathy to back-up their electronic equipment while in outer space. One of these back-up schemes is known to involve coded

telepathic messages. This method was previously demonstrated in March 1967, when a coded telepathic message was flashed from Moscow to Leningrad (81). The involvement of astronauts or cosmonauts in telepathy experiments is not necessarily unprecedented. In February 1971, during the Apollo 14 flight to the moon, astronaut Edgar Mitchell made 150 separate attempts to project his thoughts from inside the space capsule back to an individual on earth. The results of the Apollo 14 experiments have been well-documented in detail and are published in the Journal of Parasychology (82). Further documentation of Mitchell's experiments can be found in the University of California Newsletter (83).

7. (U) There are numerous reports on Soviet applications of clairvoyance, hynotism, dowsing, etc., in military operations. In the case of dowsing, this is also not unprecedented, since US forces have employed dowsing in Vietnam for locating enemy tunnels and caches. With respect to brain and mind control/ conditioning, a recent report indicates that the Soviet Union has made great strides in emotional training and conditioning. Soldiers are being taught to set their own emotional tone in battle and stress situations. Further, astronauts are being taught through such mental conditioning to distort time and to offset boredom in outer space (84).

8. (U) Man's sight and hearing are limited to a relatively small range of wavelengths, other living beings often possess much wider perceptive capabilities, both with regard to sharpness of perception and range of stimuli. For example, dogs hear higher sound frequencies than man; bats and dolphins orient themselves by means of an ultra-sound radar; bees perceive colors even in the ultraviolet part of the spectrum; some snakes perceive minute differences in temperature and orient themselves by means of thermoreceptors. Certain living beings even react to stimuli to which man is absolutely insensitive. Some species of fish and homing pigeons, for instance, react to changes of the electric or magnetic field in their surroundings (59). In view of these perceptive processes, it has been difficult to differentiate between those sensory processes which are merely sharpened or highly honed and those that are extra or super-normal. Certain military advantages would come from the application and control of these perceptive processes. For example, such application and control could be used in the detection and identification of animate objects or humans through brainwave interactions, mass hypnosis or mind control through long-distance telepathy, thermal receptors, and sensitivity to changes in magnetic/electrical/ gravitational fields.

4. (U) In 1967, the Soviet Maritime News reported, "Cosmonauts, when in orbit, seem to be able to communicate telepathically more easily with each other than with people on earth. A psi (short for psychic faculty) training system has been incorporated in the cosmonaut training program," but the News provided no further details. Some informal reports relayed to Ostrander and Schroeder (106) indicate that the Soviets are working on psi systems for space use, involving not just telepathy, but also precoguition.

5. [redacted] Kogan's systematic parapsychology research (102) could also be of potential value to the overall Soviet cybernetic research and development program. Efforts being made to optimize sensory inputs in the interest of controlling the quality of human motor activity are well known, as is the ultimate Soviet goal of achieving a perfect cybernetic man. It is of interest that both conventional psychology and parapsychology programs are headquartered in Moscow, although as depicted in the personnel and institute section the trend is decentralization, is probably no coincidence and supports the view that the latter program should not be taken lightly (63).

6. (U) As mentioned above, the Soviets seem preoccupied with the search for the energy that carries or facilitates telepathy transmission. Is it electromagnetic or not? The search for this unknown energy has led the Soviets to Kirlian photography; named after its inventors Semyon and Valentina Kirlian. The Kirlians developed a technique of photographing with a high frequency electrical field involving a specially constructed high frequency spark generator, tuned up and down between 75,000 to 200,000 electrical oscillations per second. Their first photographs showed turquoise and reddish-yellow patterns of flares coming out of specific channels within leaves. A magnified picture of a finger showed craters of light and flares (Illustration Three). By the 1960s research on bioluminescence revealed by Kirlian photography was going on in many Soviet universities. Perfected techniques of photographing the play of high-frequency currents on humans, plants and animals, as well as on inaminate matter have set the Soviets on some striking discoveries about the energetical nature of man. "Bio-plasma" is a term coined by the Soviets for bio-luminescent phenomenon or energy. Scientists at the Kazakh State University at Alma-ata have found that illnesses tend to show up in advance as a disordered play of flares from the "bio-plasma" long before they manifest in the physical body. According to Ostrander and Schroeder, the Soviets may be attempting to link Kirlian photography with computers, among other things, to instantly analyze the spectra of colors appearing in the vari-colored flares from the living body.

9. (U) According to observations made by Doctor Montague Ullman (M.D.) during a trip to the Soviet bloc countries in the fall of 1970, Soviet biocommunications investigations are effectively combining the use of modern and sophisticated technology with basic pragmatic approaches. This was evident, he states, in their approach to long-distance telepathy experiments where the results were analyzed in physiological (electroencephalographic data) as well as phychological task performance (transmission of data in Morse Code) (85). Doctor Ullman further observed that the Soviet researchers seemed intent on confirming the existence of a new form of energy, referred to as bioplasma, which they maintain is characteristic of life processes and represents matter in the form of an integrated system of elementary charged particles. Such energy, through interaction with other systems, is thought to provide the basis for biocommunications (86).

10. [redacted] The above commentary documents a clear case for research in the Soviet Union in parapsychology. It is significant because of the energy and resources being allotted for this work in the Soviet Union and because of its military implications especially in mind manipulation and controlled offensive behavior. The more sinister aspects of paranormal research appear to be surfacing in the Soviet Union. Why else would Soviet researchers make the statement:

> "Tell America that the psychic potential of man must be used for good." (75)

SECTION III - THE APPORT TECHNIQUE

1. (U) The following discussion on apports and astral projection is not intended to be an endorsement for its scientific verification or even its existence. However, reputable scientists in the USSR and the US are keenly interested in this phenomenon. Areas that appear to have potential must be discussed, even if only briefly.

2. [redacted] According to Welk (87), a costly weakness in our intelligence system, to a large extent, is an inability to use effectively the resources of the science of parapsychology (there are some definite indicators that the Soviets realize the potential of "psi" which will be reported later in this section). Whenever parapsychology is mentioned, most people are likely to think of ESP. However, there are other types of parapsychological phenomena which are just as important militarily as ESP. Welk claims, based on many Soviet sources, that the so-called "apport" technique is likely to meet valuable intelligence needs. When

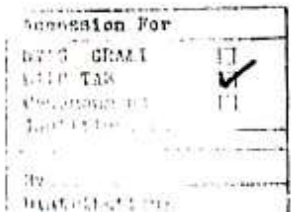
Major W. Gary Norton wrote "Psychkinesis and its Possible Implications to Warfare Strategy" in 1985 at Fort Leavenworth.

ABSTRACT

PSYCHOKINESIS AND ITS POSSIBLE IMPLICATION TO WARFARE STRATEGY: A content analysis of existing information on specified psychokinetic characteristics and their possible utilization potential to influence warfare strategy, by Major W. Gary Norton, U. S. A., 85 pages.

This study is a comprehensive analysis of psychokinesis. The characteristics of psychokinesis are examined by reviewing and analyzing available experimental studies, articles, and texts. The characteristics and applications were analyzed and recorded to determine if the collective literature reported and supported the explicit or implicit utility of psychokinesis as a tool of warfare. The study focused on the potential application impact on command and control. Specifically, the study reviewed previous research whereby the results demonstrated psychokinesis had affected electromagnetic, electronic, communications, and computer equipment, as well as biological metabolisms.

The results of the study revealed three main conclusions. First, psychokinesis could, with continued research, have a potential military value for future military operations when psychokinesis has been developed to the point for effective utilization. The second conclusion was that the implications of psychokinesis with respect to warfare strategy are not of immediate concern, but are of long range consideration impacting on command and control. The military application of psychokinesis has future possibilities, but is not sufficiently researched and refined for implementation at this time was the third conclusion.



training is that of increased tension. PK-hitting was associated with the increased tension condition (Honorton and Barksdale, 1972).[35] Relaxation, in contrast, was associated with either chance scoring or PK-missing. However, the literature did indicate that PK occurred under relatively effortless conditions (Braud, 1978).[36]

No consistent relationship has yet emerged between psi success and basic skills, cognitive style, and general lifestyle, although the psychic development literature suggests that skills in relaxation, concentration, and visualization are helpful (Morris, 1980).[37]

The work to date on PK has involved essentially immediate feedback as to success. However, incline effects from continuous PK exercise, even if nonsignificant, have been rare.[38] The rule has been declination in PK ability through continuous exertion in one sitting. A different, but optimistic view put forth by Puthoff and Targ is that "anyone who decides for himself that it is safe to experience paranormal functioning can learn to do so. Those who would achieve the power of faith must reject things of the intellect...It is essential to avoid trying to figure it out by analysis."

The study was inconclusive, noting that PK could not be fully replicated and targeted. However, they found that individuals such as: Nina Kulagina, Felicia Parise, Alla Vinogradova, Robert Jahn and T. Dunne had verifiable PK abilities.

A 1978 document prepared by the Foreign Technology Division (FTD) under the new Air Force Systems Command and released by the DIA (Department of Defense Intelligence).

[redacted]

2. Energetic Processes (U)

(U) The most unusual psychoenergetic phenomena is the apparent ability of certain individuals to influence matter via mental volition. A form of energy transfer, which appears to be generated or regulated by mental activity, may be the basic source for such effects. The nature of this energy transfer and its interaction mechanism is being investigated by various researchers throughout the world. The process involving apparent interaction with inanimate material is usually referred to as psychokinesis and is associated with unexplainable motion or configuration changes. This term is somewhat limited in that it does not generally include all unusual "energetic processes."

(U) There are unexplained phenomena that suggest changes in other material properties (e.g., electric, magnetic) may also occur during psychoenergetic experiences or experiments. Other unusual phenomena have been noted that appear to affect people. Some of these appear to involve physiological parameters; others may be psychosomatic in nature. The most controversial of these would be the apparent phenomena referred to as "psychic healing" (or variants). Researchers consider some of these effects to be possibly explainable by generation or interaction of various naturally occurring "fields," or by some type of telepathic influence on the self-regulation system of the other person.

(U) Although such research suffers from lack of repeatability, enough consistent reports appear worldwide to suggest that living organisms, including the human central nervous system, do have a far greater sensitivity to a wide range of electromagnetic influences than has been commonly assumed.

(U) Other research has been reported that investigates effects of emitted radiation from cellular division processes (mitogenic radiation). Some researchers note this radiation (usually in the UV band) has a communication-like influence on adjoining cellular samples.

(U) Such research may not only contribute to understanding of paranormal processes but may also clarify limits to normal subliminal or subsensory modes. A considerable overlap may exist, particularly if psychic functioning is eventually proven to be electromagnetic in nature. However, electromagnetic theory may not be the only model for psychic functioning. I. M. Kogan, the leading USSR advocate on electromagnetic basis for paranormal phenomena, also recognizes that other physical phenomena or fields of a different nature may be the main mechanism.

2. Quantum Physics (U)

(U) There are several concepts in quantum physics that can, at least in theory, permit processes such as paranormal perception. This arises from the wave or probability function description of reality, and the interconnection of observation or measurement with quantum level processes. This interconnection can in principle be extended to include consciousness, since the end result of an observation has an interpretation (and therefore an interaction) in conscious or subconscious mental processes.

(U) One aspect of this can be expressed by the Einstein-Podeski-Rosen (EPR) paradox which basically states that elementary particles with the same quantum characteristics are bound together; a change in one causes a similar simultaneous change in the other regardless of distance between them. This concept of quantum level correlation, or coupling, can lead to several interpretations and models that could be consistent with psychic processes.

(U) Central to this theory is the recognition that coherent frequencies would be required. Although his theory does not clarify what these frequencies are or their source, it may be they are generated by quantum events within the brain, or that proper frequencies from outside sources are involved, or both. Some candidates for naturally occurring frequencies would be as discussed earlier (e.g., ELF, VLF, neutrino flux, gravitational waves) or other types not yet considered.

(U) This holographic model is easily adaptable to psychic processes, since this concept considers a basic hologram to potentially exist throughout the universe. This would be similar to the idea of a gravitational field extending to infinity. In any hologram, a small portion can reproduce data similar to the original, although not as accurately. In this sense, specific remote information exists throughout such a hologram and can somehow be accessed by appropriate "paranormal" processes in the brain. This model in essence views the brain as a hologram, interpreting a holographic universe.

(U) Researchers have also noted the brain appears to generally have two basic functional localizations. In right handed people, the left hemisphere functions in a logical, linear, analytical mode; the right hemisphere functions in an intuitive, artistic, holistic (pattern making) mode. Psychic processes appear to be of an intuitive, artistic nature and are very likely associated with right hemisphere brain functioning. This possible association is strengthened by noting that responses of people with brain damage to the dominant left hemisphere* are similar to responses from people performing certain psychic tasks. Specifically, there are similarities in how drawings are made and interpreted. Similar distortions occur, and inability to verbalize or analytically identify results is similar. This also suggests that a holographic process is ultimately involved in psychic functioning.

Source: www.theblackvault.com/documents/parapsychology/pa_warsaw.pdf

Approved For Release 2000/08/08 : CIA-RDP96-00789R003300210001-2

BASIC DEFINITION

"Remote Viewing"

- Accessing information without the use of:
  - The normal–five senses
  - Information from other people
  - Logical deductions
  - Direct, connective implementation of electronic or other devices.
- A talent which is inherent to every human to some degree.
  - Probably a vestigal form of self-preservation.
  - Largely ignored in todays's societal setting.
  - Through proper training, can be developed to a person's individual potential.

Approved For Release 2000/08/08 : CIA-RDP96-00789R003300210001-2

SECONDARY METHODOLOGIES

- Dowsing
- Psychometry
- Clairvoyance

AD-A202 099

DTIC FILE COPY

(3)

AIR WAR COLLEGE

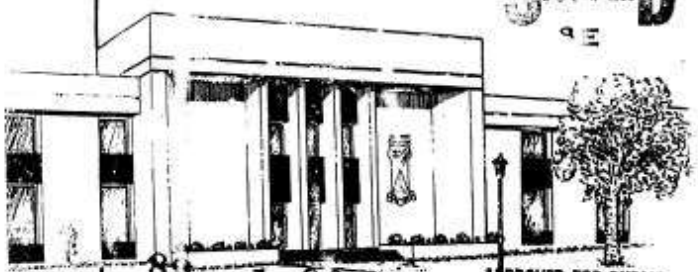
RESEARCH REPORT

PSYCHIC WARFARE:
EXPLORING THE MIND FRONTIER

LT COL DOLAN M. McKELVY

DTIC
SELECTE
S D
NOV 9 1988
E

1988



88 11 09 270

AIR UNIVERSITY
UNITED STATES AIR FORCE
MAXWELL AIR FORCE BASE, ALABAMA

APPROVED FOR PUBLIC
RELEASE; DISTRIBUTION
UNLIMITED

AIR WAR COLLEGE RESEARCH REPORT ABSTRACT

TITLE: Psychic Warfare: Exploring The Mind Frontier

AUTHOR: Dolan M. McKelvy, Lieutenant Colonel, USAF

Man's greatest potential remains a prisoner of man. Vast untapped mental capabilities create an entirely new battlefield dimension which, if ignored, pose a threat to self and country more serious than nuclear weapons. This threat starts from within. Our fears and cynical attitudes towards psychic capabilities make us our own worst enemies. The Soviets, on the other hand, take psychic research very seriously at all levels, particularly for its military application. Exploring the mind frontier is essential and the key to successful exploration is a greater psychic awareness. The mind is rich in unfathomed resources ripe for exploration, a limitless source of treasures for advancing all mankind, and a serious threat to those who ignore its potential. We must overcome our psychic inhibitions, stop denying the existence of paranormal events, and start trying instead to understand the nature of these phenomena. We must shed the super secret cloaks and educate our leaders at all levels on the real psi military potentials and threats so we can adequately focus and prioritize national resources. Only thru greater openness and awareness to the truth can we adequately prepare.

There are documents about the paranormal and psychic development, but they contain hundreds of pages in total, with barely readable writing (machine letters and blurred). It is an arduous task to analyze and translate everything.

Examples of remote viewing sheets

Target: _____

Pre: _____

Name: _____

Date: _____

Time: _____

Stage: 1 - The Ideogram

(remember only allow 1-2 seconds per ideogram)

Write the target coordinate (numbers) here:

_____

without lifting the pen -create your first mark (in right)

Repeat.

Write the target coordinate (numbers) here:

_____

without lifting the pen -create your first mark (in right)

Repeat.

Write the target coordinate (numbers) here:

_____

without lifting the pen -create your first mark (in right)

Stage: 2 - Sensory impressions.

Add as many descriptor words for each section that feel appropriate.

Sounds: _____

Textures: _____

Temperature: _____

Colours: _____

Luminescence: _____

Smells: _____

Tastes: _____

Dimensions: _____

Add four or more _____

AI: Aesthetic Impact: _____

If you were at the target - how would it make you feel?

AOL's:

Any strong visual images or nouns should be recorded here

Stage: 3 - Sketching.

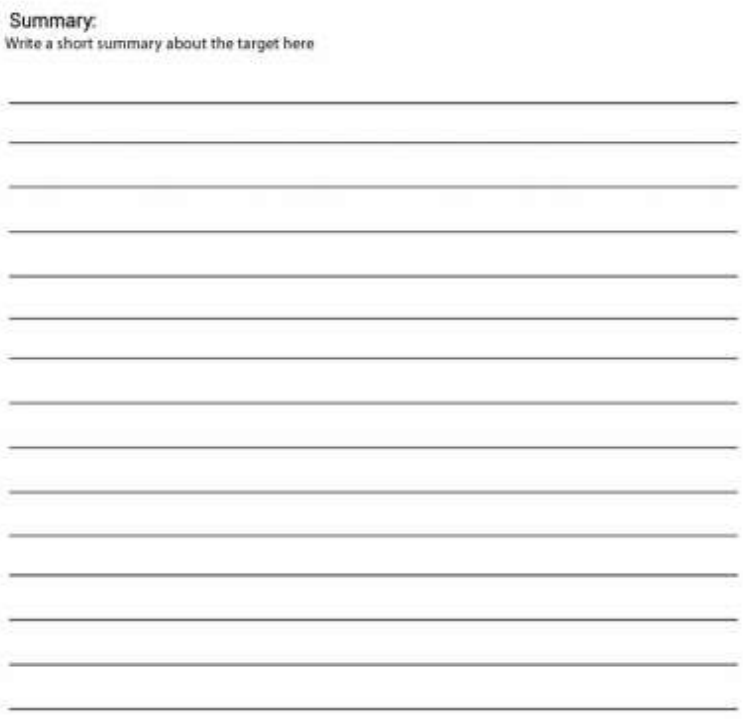
Write the target coordinate below, then take a few seconds to create a sketch. Feel free to annotate parts of the sketch with sensory impressions (temps, textures, smells, and so on)

Write the target coordinate (numbers) here:

_____

AOL's:

any strong images or nouns should be recorded here.



The CIA is currently denying hundreds of requests for FOIA disclosure of documents on paranormal and psychic research. Not even old documents can be viewed on the "Web archive" site. I recommend visiting some documents at www.theblackvault.com

Interesting quotes

“Remote viewing is the practice of seeking impressions about a distant or unseen target using subjective means, in particular, extrasensory perception. A remote viewer is typically expected to provide information about an object, event, person, or location that is hidden from physical view and separated by a significant distance.” Leonard Zusne (he was an American psychologist.)

“Man also possesses the ability to see his friends and the circumstances in which they are surrounded, even if they are a thousand miles away at the time.” Paracelsus (1493-1541)

“Students of Indian Yogic lore are, however, well acquainted with it. The first of the psychic powers that a serious practitioner of Yoga can acquire is described in Aphorism 3.26 of Patanjali's classic work Yoga Sutras (400 B.C.) as "obtaining knowledge of the small, hidden, or distant by directing the light of superphysical faculty.”. M. Srinivasan (It's a common Indian surname, but this gentleman is an Assistant Professor, in the Department of Physics at the University of Madras, Chennai/India.).

“Today, remote viewing is taught to some military intelligence agencies. Given some training, almost anyone can do it with excellent results.” Jaime Licauco (is a renowned parapsychologist, author, and management practitioner in the Philippines.)

“Both acausality and meaning in distant viewing (and possibly in ESP in general) strongly support viewing these phenomena as synchronicity events caused by quantum nonlocal collapse.”

Amit Goswami (physicist, doctorate in quantum physics, was born in India).

"...Union between mind and matter is a form of energy about which little is apparently known in the U. S., but which appears to have significant

military application and implication."

James B. Channon, Headquarters of TRADOC, fort Monroe, Virginia, in 1979.

I sincerely hope that this book will be useful to you.

There are no quick results, so practice.

Over time, you will learn how your mind operates and you will probably develop your own method.

Read my other books:

"Anāvarana- Rewriting Reality". ISBN 979-8541371642

"Holographic Reality-Do we live in a Simulation?"

“Metaphysics Terminology”. ISBN 978-1070421780

“Sekhm Energy Healing”. ISBN 979-8820060571

If possible, leave your review on Amazon, it will be much appreciated.

Sílvio Guerrinha

www.spiritualmatrix.com

www.sekhm-healing.com

www.remote-viewing.weebly.com

Bibliography

“Awaken Your Psychic Powers”. (Henry Reed).

“Reading the Enemy's Mind: Inside Star Gate: America's Psychic Espionage Program”. (Paul H. Smith).

CIA documents: https://www.cia.gov/readingroom/docs/CIA-RDP96-00789R002100040001-4.pdf

CIA-Initiated Remote Viewing at Stanford Research Institute by H. E. Puthoff, Ph.D.

An Evaluation of Remote Viewing: Research and Applications, American Institutes for Research, September 29, 1995. https://irp.fas.org/program/collect/air1995.pdf

Enhancing Human Performance 1988, the National Academy Press.

Cognitive Sciences Laboratory, parapsychology research.

Farsight Institute.

www.remoteviewed.com

CENTRE OF EXCELLENCE

HEREBY CERTIFIES

Silvio Guerrinha

Has completed the necessary training and assessment to demonstrate competence and understanding within this field. The Centre of Excellence awards this certificate in recognition of the achievement.

Parapsychology Diploma

With a:

DISTINCTION

With all rights and privileges ensuing there from:

8th June 2018

DATE

Sara Jones

DIRECTOR

I will be launching a website soon with psychic development courses.

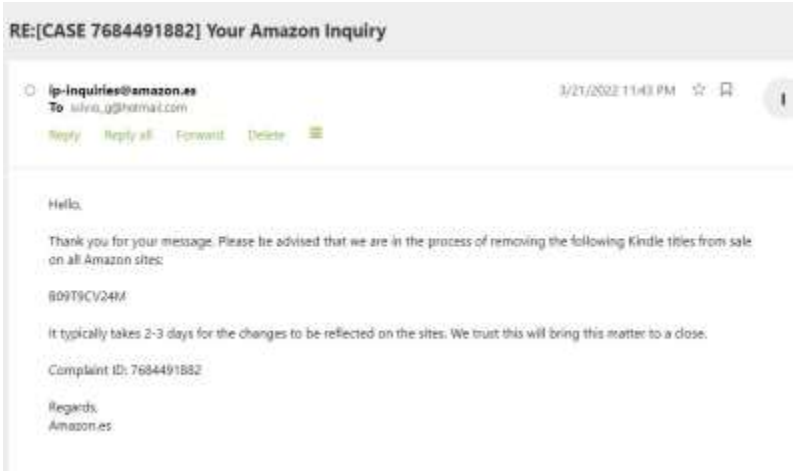
www.meta-gnosis.com

Gnosis means "knowledge" and *meta* means "beyond, further on than."

www.remote-viewing.weebly.com

Obviously, to write this book, I consulted some works, but I refer to the titles and authors in the bibliography. Most of the texts I write, I still channel some parts spiritually.

I do not copy and paste; instead, I give credit to the works that I consult. I sometimes meet guys who have plagiarized my books in full, and I often act legally and even tell Amazon to remove those plagiarized eBooks. This year I removed on plagiarized book. It's simple to prove that I'm the owner of the work; by checking the registration date and ISBN on Amazon, mine was registered in November 2021. In addition, I still have the original WORD file with the creation date in the details, which I sent to Amazon with other evidence via email. I still have registration numbers on copyrighted.com and I have a large number of readers and friends who notify me whenever they detect a plagiarized eBook.


RE:[CASE 7684491882] Your Amazon Inquiry

ip-inquiries@amazon.es
To silvio_g@hotmail.com

3/21/2022 11:43 PM

Reply Reply all Forward Delete

Hello,

Thank you for your message. Please be advised that we are in the process of removing the following Kindle titles from sale on all Amazon sites:

B09T9CV24M

It typically takes 2-3 days for the changes to be reflected on the sites. We trust this will bring this matter to a close.

Complaint ID: 7684491882

Regards,
Amazon.es